Eternal Spirit is a compilation of sacred work for initiates on the spiritual path. It contains unlimited Alpha Omega Healing sessions for humans and for animals, an Alpha Omega Healer Activation attunement (and directions to enable you to heal yourself and others), an Axiatonal Lines Connection (removes all seals and veils enabling your full Spirit to manifest), a powerful invocation connecting directly to the Archangels (Michael, Gabriel, Raphael, Uriel) and many powerful attunements including the Orb of Life and detailed information on the Light bodies. Eternal Spirit also includes how to contact the after-life, channel, send attunements and healing energies world-wide, and includes connections to the Planetary and Cosmic Rays. This is the book for initiates and spiritual guides during times of transformation and ascension.

What Others are saying about Eternal Spirit

Chris Comish is a gifted healer who has unlocked sacred mysteries and given us the keys to change our destiny. We are now awakened. Thank you for showing us the path to the Creator. Chris, your actions of Love and Compassion for All That Is will never be forgotten.

- George, Ohio, U.S.A.

We have often been told that our society is weak and fearful and therefore escapes reality and uses technological tools like computer and internet to build a virtual reality. Yet, what I found 14 months ago was anything but virtual. Among the many things that I had been reading, one in particular was melting my heart and expanding the amount of Love and Light in it: Chris Comish's writings. Chris' writings convey intense energies of Compassion and Love, Humbleness and Oneness. Chris finds your Heart because he looks incessantly for you, your Heart finds Chris because incessantly you looked for God and His Unconditional Love.

- Luciana, Pennsylvania, U.S.A.

ETERNAL SPIRIT

CHRIS COMISH

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Our Planetary Logoi, Lord Sanat Kumara and Lord Buddha, for all the guidance you provide and your assistance helping me fulfill my life's mission.

Our Planetary Christ, Lord Maitreya, for providing me the courage and strength to write this.

Sai Baba, for teaching me that hands that help are holier than lips that pray.

Ascended Masters Saint Germain, Djwhal Khul, Kuthumi, El Morya, Sananda, and Serapis Bey, whom I am honored to call my spiritual teachers, friends, and brothers in the Light. Their continued support, guidance, and teachings have been the true source of inspiration for this book.

Thank you to all the Lightworkers world-wide for all that you do.

Dedication

This book is dedicated to my beloved Lightworker friends Alvin, George and Lu.

This book is also dedicated to my family, all of the Ascended Masters and Archangels, and to God, the Love and Source of the Universe.

May Love and Light be spread around the world.

A Prayer to the Creator

Oh Lord, make me an instrument of thy peace.

Where there is discord, let me sow union,

Where there is hatred, love,

Where there is despair, hope,

Where there is darkness, light,

Where there is doubt, faith,

Where there is sadness, joy.

Lord, let me seek not to be understood,

But to understand,

Not to be loved, but to love,

For it is in consoling that we are consoled.

It is in pardoning that we are pardoned.

It is in giving, that we receive, and It is in dying, that we rise to eternal life with thee.

- St. Francis of Assisi

Foreword

Namasté, Greetings, Bless you all.

Eternal Spirit is a guide for your personal Ascension process. This book will help you find your Spirit.

This book concept came into manifestation after finally discovering my true purpose in life. My true purpose is the driving force behind this book. I was instructed by God during an attunement to the Godhead to "go forth in unconditional love." It is an easy thing to say, but a hard thing to do. It is non-judgmental, overcoming the ego, and being willing to serve humanity for love and love only. I find myself recently praying for the natural disaster conditions to improve, for the homeless, the poor, the sick, and the injured.

As a Reiki Master, I can attune others to the Reiki energies, which are a blessing from the Holy Spirit. Please read the Book of Acts in the Bible, for the mention of laying on hands healing, which I believe is Reiki healing. Also mentioned is baptism by the Holy Spirit, which I believe is a Reiki attunement- since the attunement reinforces one's connection to the Divine energies for healing abilities, increases compassion, and accelerates spiritual advancement. It turns out we call it Reiki energy currently, but it is believed to be the same energy given by the Divine through Jesus and Buddha, through the care of the Essenes and Buddhist Monks, to us in this modern time. This is all in preparation for the return of our physical bodies, the Earth and the dead, to become one with the eternal Divine for time everlasting.

All of my thanks for all these blessings are to the all-mighty, all-loving

Divine. Healing people in need is something that fulfills my soul's purpose for incarnating at this time. It is my belief that we walk this Earth plane to spread Divine love to others- we all are here to help, give, and love others unconditionally. We are here to forgive others and bless others. Those who do these things are acting as a reflection of God, and therefore achieve Ascension, and flood the Earth plane with the Light of God.

Many blessings to all of you,

Chris Comish

Introduction

Be universal in your love. You will see the universe to be the picture of your own being.

- Sri Chinmoy Ghose

Overcome obstacles through the power of Spirit.

There are no limits when you call upon Spirit to assist. This book enables you to heal yourself, others, and pets. This book enables you to heal situations and transform them for the better. This book provides you with the keys to meet the Creator, and many other beings, beyond the veil of forgetfulness, and the world of physical illusion. Through reading this book, you will be forevermore and infinitely empowered, with the ability to transform all beings, from lost separation, into a sea of oneness and love. You will become a sacred vessel of the Creator, and be able, no matter where you are and who you are, to transform humanity through your permanent and perfect connection to the Eternal Spirit. You will notice that your prayers create reality. You will see them answered quickly. You will realize that Spirit is the Creator, behind the scenes of this world, and that you are that Creator. You will notice that your thoughts and emotions now create reality. You will unlock the mystery of this physical illusion, through the power and truth of the Eternal Spirit.

This is the book for those who wish to undertake the spiritual path of service to others, and follow the ancient Order of Melchizedek, to unveil the Eternal Spirit, and manifest the infinite glory, to share with all beings. Since the time before the Earth and our Sun were created, the Priests and Priestesses of the Order of Melchizedek have been following the Divine Will of the Creator, All That Is, to assist all of creation with a path home. Each of us is an infinite spark of the Creator, on a journey to gain additional experience for the Creator, in a veiled, free will, physical incarnation. The Creator has left guides

for our path home, and through the manifestation of the Order on Earth, we step closer to the Love and Light that created us. The Creator is the reality, and through the spiritual connections and wisdom shared in this book, you will find that which you seek.

Eternal Spirit is a unique synthesis of white magic and wisdom. This book was written with the spiritual initiate in mind. It has been tailored to assist Way-showers and Lightworkers across the world, to help humanity wake up from the slumber, see through the illusion of this physical world, and into the one reality that forms our experience- creation with eternal love.

Eternal Spirit has embedded energy in it, and anyone who reads this book will be amazed at how easily they can access the Divine energies of Reiki, and many other spiritual energies. Eternal Spirit will rewire you and make you a human angel just by reading it. Also, it takes you on a journey unlocking ancient mysteries by exploring Axiatonal Lines, Planetary and Cosmic Rays, Channeling, Alpha Omega Healing, Connections with Archangels, and the Energy Bodies, among other things. If there is one book out there to prepare you energetically for the great shift, and to strengthen your spiritual path, empowering you as an Ascension guide for humanity- this is the book.

What is Reiki?

Reiki (pronounced ray-key) is Japanese for Universal Life Energy. Reiki exists in and around us. A Reiki healer is able to tap into this limitless energy, for the purpose of bringing others back into wholeness and balance. Reiki can also be sent to heal situations in the past, present, or future. Reiki protects you from harm.

The concept for this book was formed after much success, attuning my students worldwide, to various systems in Reiki. This book was created as a mechanism to go beyond my original circle of students, and deliver the energies to interested readers worldwide. The intention of this book is to attune readers worldwide, to provide readers with healing attunements, and connections to the energies.

This book contains embedded energies, and is meant to be read only by those who are serious about receiving the energies, and embarking on the path of Ascension. If you are not serious about receiving the energetic connections, then stop reading now.

This book contains attunements to Usui Reiki, New Usui Reiki, Full Spectrum Healing, Lavender Flame, Silver Violet Flame, Karuna Ki, Kundalini Reiki, Imara Reiki, Green Tara Seichim, Golden Ray, Gold Reiki, an Axiatonal

Lines Connection, a Higher Self/Joy Bliss Connection, and the Orb of Life. It connects the reader to the Archangels, so the reader experiences real angel presences. It also includes unlimited Alpha Omega healing sessions, and the Alpha Omega Healer activation.

This book is not meant to be read cover-to-cover in one sitting. The attunements and healings within this book, are meant to be received, at the rate of one per day. Some systems recommend, waiting more than one day between attunements. The recommended waiting times are found in the Introduction to Energy Systems section. The attunements are placed, in the order which I use with my students. Usui Reiki is the foundation attunement, and should be received first. The other attunements build upon the previous ones.

To utilize the type of Reiki or other energy system in the book in your healing practices, simply express your intent and then say "(name of system) on!"

How can energies of Eternal Spirit such as Reiki and Alpha Omega Healing help me?

There are no limitations to Reiki energies, Alpha Omega Healing, and many other spiritual energies. They can be delivered to any recipient, at any location, and at any time. The energies can be sent to the past, present, or future. Often, the energies can be used for protection. Simply express your intention, for example: "I intend to get a better job for my highest and greatest good." Then, simply let the energies flow from your hands until they stop. Miracles have been made possible, through the assistance of the Divine energies of Reiki, and many other forms of Spirit.

This book is presented, as a means for all people to receive attunement to Divine energies, regardless of their income, as that is the original intent of the Divine. The attunements are received by all who read this book, regardless of name of recipient, location of recipient, or time zone of recipient. The attunements are received instantly, the moment, the recipient reads the words in this book. Once attuned, please share the energies with others through your healing practices.

Share this book with others, and they will be attuned. We are all Divine beings, having a human experience. Use this book as a tool to manifest Divinity in our lives. The abilities of Divine beings are at your fingertips. Use this book as a bridge to the New Age, to assist all of humanity to awakening their Divinity within, and healing the separation between Heaven and Earth. There is no limit to what spiritual energy can do. Spirit is not affected by matter. Live by Spirit, and matter will have no control over you. Reclaim your

Divinity today.

Chapter 1- Introduction to energy systems

If you judge people, you have no time to love them.

- Mother Teresa

This book contains embedded energies and is meant to be read only by those who are serious about receiving the energies, embarking on the path of Ascension, and using healing energies and Divine protection in their service work. If you are not serious about receiving the energetic connections, then stop reading now. If you accidentally call in the wrong attunement, or do not wish to receive the attunement, after reading the words to receive, then say "No, stop not yet" and the delivery will stop. This book, like my other recent books, adheres to the law of free will, respecting your free will, and that of others. The attunements will not be received, if you do not wish to receive them.

This chapter provides a brief introduction to various energy systems included in this book. The following attunements are to be taken in the order they are presented in this book. The purpose of this book is to attune a mass audience to Reiki energies to lift up the world in Love and Light. This book can be seen as an activation call for Lightworkers to wake up, to empower the reader to access Divine energies to assist with the healing of others, situations, and the Earth. To utilize the type of Reiki or other energy system in the book in your healing practices, simply express your intent and then say "(name of system) on!" For example, "I intend to heal this person or situation or the Earth for the highest and greatest good…Usui Reiki on!" Then let the energy flow from your hands, as it heals others, situations, or the Earth.

Usui Reiki

First take Level One, then Level Two, then Master Level. The Usui Reiki attunements introduce to you the ability to use 4 symbols. Dai Ko Myo (Master symbol), Hon Sha Ze Sho Nen (distance symbol), Sei He Ki (mental and emotional healing symbol), and Cho Ku Rei (power and protection symbol). Search the internet to learn how to draw them, and about their meanings, then activate, and apply them in your daily life, as you are guided to do so. See the Reiki symbols chapter for pictures of the symbols.

Lineage:

Mikao Usui, Dr. Chujiro Hayashi, Mrs. Hawayo Takata, Phyllis Lei Furumoto, Claudia Hoffman, Mary Shaw, Christine Henderson, Bruce Way, Neal Lyster, John Pickering, Martin Lee, Gary Steadman, Stephen Lovering, Chris Comish, You

New Usui Reiki

Please take Usui Reiki Attunements before receiving these attunements.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

Reiki is a simple form of energy healing that oftentimes can seem confusing because there are so many forms of it, so many symbols to learn, so many different trains of thought and ideas! One can easily become confused as to what is what when it comes to choosing which type of Reiki to learn. With New Usui Reiki, these attunements will connect you to pure and simple Usui Reiki energy. It is not better or stronger than other modalities, but rather a simpler viewpoint than some. It was channeled from Ole Gabrielsen via Dr. Mikao Usui, and is thought to be the simplest of the Usui Reiki modalities yet. It does not have any symbols or long attunement processes, rather it relies on the fact that Reiki is "smart energy" and will do what is needed whether we guide it or not.

There are three levels, and one attunement for each level. Level three is the master attunement level. Please keep at least three days interval between each level.

These attunements are for someone that is looking to start on their path with Reiki, or those that are already Reiki practitioners. It gives a simple way to connect, send, and share with others.

Lineage:

Ole Gabrielsen- Jean Myrner- Prianggito Sulistiono- Syed Osama Rizvi- Chris Comish- You

Full Spectrum Healing

Please take Usui Reiki Attunements before receiving this attunement.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

Consists of all frequencies and is therefore able to heal on all levels. Reiki will ‘only’ reach the green spectrum (Green Ray). Imagine a rainbow. The Green area is Reiki, and the whole rainbow is Full Spectrum Healing. Therefore, because FSH reaches more levels, it is reported that Full Spectrum Healing will have a much higher success rate than traditional Usui Reiki!

Full Spectrum Healing will also raise your energy levels in your body and is a powerful energy for self-healing.

Full Spectrum Healing is administered through the recipient's palms and sometimes also through the recipient's crown. A Full Spectrum Healing session normally will be shorter than a regular Reiki session, lasting only approximately fifteen minutes or so.

We all save and store emotions, especially negative ones in our energy system. These emotions block our growth and development. Full Spectrum Healing is a great energy for clearing emotional blocks.

Lineage: Ole Gabrielsen- Stephen Lovering- Chris Comish- You

Lavender Flame Reiki

Please take Usui Reiki Attunements before receiving this attunement.

Lavender Flame energy was channeled to the American Energy Master Suraya by Quan Yin in 2001.

Through the use of the mantra "Namo Quan Shi Yin Pu' Sa," Quan Yin can be called in very strongly to a healing session, where the Lavender Flame energy is being used. The Lavender Flame has the characteristic of transmuting negative and unwanted energy very fast, and for bringing purification to a person. It has the initial feeling of being a gentle and nurturing energy, but in reality, it is very strong and does its work very effectively. It has a link energetically to the Violet Fire energy, and works through the energy structures in our chakras. People with good self-awareness can work with this energy effectively, to break the karmic behavioral patterns they are holding that are not of love, by working with the Lotus Jewel of Karmic Release in their heart chakras. People with good psychic ability can work with this energy, to connect with the Higher Beings, and to develop their third eye

capabilities.

Quan Yin is assisted with this energy by Isariel and Suriel from the Angelic realms and the angels may be called in to participate in the healing sessions.

Lineage: Andrea "Suraya" Meyers- Aroon Kumar- Ole Gabrielsen- Stephen Lovering- Chris Comish- You

Silver Violet Flame Reiki

Please take Usui Reiki Attunements before receiving this attunement.

This energy is also known as the Healing Energy of St. Germain and the Angels of the Violet Fire. There are seven primary energies leading to the Creation of our solar system, the seventh being the energy which allows the Divine Spirit to descend into physical matter. The Violet Flame is a sub-energy of the seventh energy, and is a Fire element based energy. St. Germain is the Ascended Master who is custodian of this energy, and he and the Angels of the Violet Fire, may be called upon to assist in a healing situation. It is a very good energy for students to use on themselves, to clear their energy fields. It is also a wonderful tool for clearing all negativity.

Lineage: Claire Timmis- Stephen Lovering- Chris Comish- You

Karuna Ki Reiki

Karuna Ki and Karuna Ki Do are in no way affiliated with Karuna Reiki®, the International Center for Reiki Studies® or William Rand. Karuna Ki and Karuna Ki Do are in no way affiliated with Tera Mai-Reiki®, or Kathleen Milner.

Please take Usui Reiki Attunements before receiving this attunement.

Karuna Ki Reiki is an advanced healing energy system that takes the Usui system to another level. It is available only to those who have attained Usui Reiki Master Level.

Karuna Ki is wonderful at strengthening one's ability to heal on all levels, physical, emotional and spiritual. Karuna is a Sanskrit word that means "compassion in action."

The word Karuna is used in Hinduism and Buddhism. Karuna is the motivating quality of all enlightened beings, who are working to end suffering on Earth. It is understood that Karuna is not only extended to others out of love, but also because it is an entirely logical thing to do. In the same way that you would want to heal your own wounds, you would also want the wounds of others to heal. It is stated in Buddhist literature that Karuna must be accompanied by "prajna", or wisdom to have the right effect.

Lineage:

Vincent Amador- Sandra & Jorge Ramos- Alison Dahlhaus- Claire Timmis- Stephen Lovering- Kathy McConnell- Chris Comish- You

Kundalini Reiki

Please take Usui Reiki Attunements before receiving these attunements.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

Please take Kundalini Reiki 2 two days after Kundalini Reiki 1. Please take Kundalini Reiki 3 seven days after Kundalini Reiki 2.

If you wish to learn Kundalini Reiki, you must begin with Kundalini Reiki Level 1, even if you are a Master in another Reiki modality or form of Reiki.

Kundalini Reiki is an amazing healing technique that is simple to use. You will receive 3 distant attunements, which open and strengthen the energy channels in your body. This enables Reiki energy to flow through your body, and release any energy blockages.

Kundalini awakening starts at the Base or Root Chakra, which is the entrance for the Kundalini Energy. After entering the body, the energy runs up through the main energy channel, and exits through the Crown Chakra. When your Kundalini is opened, a complete cleansing of the chakras and energy channels will occur over a certain period of time. The time needed depends on each person.

Kundalini Reiki is similar to the traditional systems of Reiki, but once your Kundalini has been awakened in this safe manner, your Reiki Healing abilities will be much improved.

Lineage:

Ole Gabrielsen- Stephen Lovering- Chris Comish- You

Imara Reiki

Please take Usui Reiki Attunements before receiving this attunement.

Imara Reiki is a Reiki modality of a higher vibrational energy level than most common Reiki modalities, because of Imara Reiki's focused intentions.

In some aspects, the healing energy of Reiki can be split up into vibrational (frequency) bands. Imara Reiki is a "Level 5" on the "Reiki Scale," with Usui Reiki being levels 1-3, and Karuna being level 4.

Imara Reiki is an intense form of Reiki energy.

The energy has a slightly different feel than Usui Reiki, and Imara Reiki does NOT use or need symbols. Imara Reiki uses a new and easy attunement process.

Most users experience a Strong Spiritual Connection (with ascended beings, angels, spirits, etc.) via Imara Reiki.

Imara Reiki is known for its capability to help heal past life, individual, and group karma issues. Imara Reiki is very capable of helping to heal repressed issues (physical, emotional, and spiritual trauma).

Imara Reiki has proven itself in the area of healing issues that are not on the conscious mind, yet still affect you.

Imara Reiki uses a strongly simplified and intensified distant healing and attunement procedure.

It is very common for the giver and/or receiver to perceive information during a healing session.

This form of Reiki is a channeled form that came to Barton Wendel. Bart and his brother Geoffrey refined, and developed Imara Reiki to its current state.

The name "Imara" basically means "more" ... therefore it can be stated, "More Reiki equals Imara Reiki."

Once you are attuned to Imara Reiki, it is extremely simple to use the energy. Please do a self-healing before attuning others, to strengthen your energetic connection.

Lineage:

Barton Wendel- John Van Eekelen- Stephen Womack- Allison Dahlhaus- Dawn Rothwell- Pamela Jordan- Stephen Lovering- Chris Comish- You

Green Tara Seichim Reiki

Please take Usui Reiki Attunements before receiving this attunement.

In Tibet, Goddess Green Tara is honored as the Bodhisattva of Wisdom, and as the female patron deity, or Bodhisattva of Tibet. She is regarded as having been instrumental in the introduction of Buddhism to Tibet, and in one of her incarnations, is said to have been the wife of the early Tibetan Emperor Songtsen Gampo. Her mantra is the famous "Om Tara Tuttare Ture Soha," which may be used to call upon her for assistance. She is usually depicted with a lotus held in her left hand. Green Tara is known as the Savioress, and is said to protect human beings, as they cross the sea of existence. She has strong compassion for human beings, with a particular concern to help women. The invocation of Green Tara in Reiki work, enables Green Tara's wisdom and compassion to flow, through to all aspects of the person receiving her loving energy.

Lineage:

Stephen Comee- Dori McLean- Jarrod Hastings- Stephen Lovering- Chris Comish- You

Golden Ray Empowerment

Please take Usui Reiki Attunements before receiving this empowerment.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

The Golden Ray Empowerment was founded by Ole Gabrielsen.

This beautiful Empowerment from Ole includes the healing power of forgiveness. The Golden Ray Empowerment also allows you to release fears,

so you can progress spiritually.

Gold Reiki

Please take the Usui Reiki and Kundalini Reiki attunements before taking the Gold Reiki attunements.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

You should take the Kundalini Reiki attunements before you receive the Gold Reiki attunement levels.

Gold Reiki transmutes fear and darkness into light and joy! Golden Light is the strongest light of transformation in the physical universe and beyond!

There are three attunement levels for Gold Reiki.

It is recommended 5 days between attunements.

Lineage: Ole Gabrielsen- Stephen Lovering- Chris Comish- You

Orb of Life

Please take Usui Reiki Attunements before receiving this attunement.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

Connection to your personal Orb of Life

The Orb of Life is a blue ball of Light that holds Life Force. It generates and sends this Life Force to you 24 hours a day, 7 days a week. Once you receive your Orb of Life, you can send others an Orb of Life. The Orb can heal your chakras. It can do what you wish it to do. If you need it, to provide life force to someone in your family who is sick far away, it can do that too.

It can pass messages to the astral realms, it can be a probe for you to gather information, and it can store attunements, store healings, store and upload/ download telepathic thoughts, and akashic records, whatever you want it to do. Be creative, there are no limits to the abilities of your Orb of Life. The

Orb of Life was brought to Earth initially by Ole Gabrielsen.

Lineage: Ole Gabrielsen- Stephen Lovering- Chris Comish- You

Higher Self Joy Bliss Connection

Higher Self Joy/Bliss Connection was founded by Chris Comish.

Background: In 2009, I experienced a great feeling of oneness and love. A feeling of joy and bliss beyond anything I have ever felt on this Earth. It was from my inner Higher Self. This blanket of love wrapped me, and I did not want to leave it. This is a "taste" of the feeling, that accompanies the physical Ascension process, movement to the heavenly realms, whatever you call it. The feeling that you are deeply and divinely loved. I wanted to share this feeling. So I asked my Higher Self to deliver it to you, through intention and visualization.

How the connection was created: I now intend that my Higher Self shares this loving feeling of bliss and joy (that I felt during the Axiatonal Lines Connection), with every Higher Self in existence, for each Higher Self and person's highest and greatest good. I intend that when each person says or reads these words ( )... the energy and feeling will be received, by each person from my Higher Self, and their Higher Self ....I intend that this phrase may be repeated, each time each recipient needs to feel, and know, that there is great love for themselves.

Remember to drink water and rest following this connection. Take time to integrate the energies. Your Higher Self will manifest perfectly within you, in the process that is best for your highest and greatest good. You are blessed.

For further information about how to use each system please visit each event at

https://www.cityofshamballa.net

For more attunements and empowerments visit The City of Shamballa network at

https://www.cityofshamballa.net

Peace and Love to All

Chapter 2- Attunements to energy systems

Hands that Help are Holier than Lips that Pray.

- Sai Baba

This book contains embedded energies and is meant to be read only by those who are serious about receiving the energies, embarking on the path of Ascension, and using healing energies and Divine protection in their service work. If you are not serious about receiving the energetic connections, then stop reading now. If you accidentally call in the wrong attunement, or do not wish to receive the attunement after reading the words to receive, then say "No, stop not yet" and the delivery will stop. This book, like my other recent books, adheres to the law of free will, respecting your free will and that of others. The attunements will not be received, if you do not wish to receive them.

The following attunements are to be taken in the order they are presented in this book. The purpose of this book is to attune a mass audience to Reiki energies to lift up the world in Love and Light. This book can be seen as an activation call for Lightworkers to wake up, to empower the reader to access Divine energies to assist with the healing of others, situations, and the Earth. To utilize the type of Reiki or other energy system in the book in your healing practices, simply express your intent and then say "(name of system) on!" For example, "I intend to heal this person or situation or the Earth for the highest and greatest good…..Usui Reiki on!" Then let the energy flow from your hands as it heals others, situations, or the Earth.

Each attunement builds on the previous one. Start with Usui Reiki and then move into other advanced modalities.

The attunements and healings within this book are meant to be received at the rate of one per day.

Some systems recommend waiting more than one day between attunements. The recommended waiting times are found in the Introduction to Energy Systems section.

When you receive the attunements, it is recommended you are in a quiet place, lying down, or sitting comfortably. Accept the energies as they arrive, to strengthen the attunement connection. Let the energy flow and enjoy! Most attunements last between 20 minutes and one hour. When the energies finish, the attunement will be complete. Drink water after receiving attunements, to allow the energies to integrate into you smoothly.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Enjoy!

1. Usui Reiki

Usui Reiki Level One Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive Usui Reiki Level One attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

This attunement introduces to you the ability to use 1 symbol. The Cho Ku Rei (power and protection symbol). Search the internet to learn how to draw the symbol, and about its meaning, then activate, and apply the symbol in your daily life, as you are guided to do so. See the Usui Reiki symbols chapter for pictures of the symbols.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Usui Reiki Level Two Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive Usui Reiki Level Two attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

This attunement introduces to you the ability to use 3 symbols. Hon Sha Ze Sho Nen (distance symbol), Sei He Ki (mental and emotional healing symbol), and Cho Ku Rei (power and protection symbol). Search the internet to learn how to draw them, and about their meanings, then activate, and apply them in your daily life, as you are guided to do so. See the Usui Reiki symbols chapter for pictures of the symbols.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Usui Reiki Master Level Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive Usui Reiki Master Level attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

This attunement introduces to you the ability to use 4 symbols. Dai Ko Myo (Master symbol), Hon Sha Ze Sho Nen (distance symbol), Sei He Ki (mental and emotional healing symbol), and Cho Ku Rei (power and protection symbol). Search the internet to learn how to draw them, and about their meanings, then activate, and apply them in your daily life, as you are guided to do so. See the Usui Reiki symbols chapter for pictures of the symbols.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

2. New Usui Reiki

Please take Usui Reiki Attunements before receiving these attunements.

There are three levels and one attunement for each level. Level three is the

master attunement level. Please keep at least three days interval between each level. Please take the attunements in order.

New Usui Reiki Level One Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the New Usui Reiki Level One attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

New Usui Reiki Level Two Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the New Usui Reiki Level Two attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

New Usui Reiki Master Level Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the New Usui Reiki Master Level attunement

prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

3. Full Spectrum Healing

Please take Usui Reiki Attunements before receiving this attunement.

Full Spectrum Healing Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Full Spectrum Healing attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

4. Lavender Flame Reiki

Please take Usui Reiki Attunements before receiving this attunement.

Lavender Flame Reiki Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I ask to receive the Lavender Flame Reiki attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

5. Silver Violet Flame Reiki

Please take Usui Reiki Attunements before receiving this attunement.

Silver Violet Flame Reiki Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I ask to receive the Silver Violet Flame Reiki attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

6. Karuna Ki Reiki

Please take Usui Reiki Attunements before receiving this attunement. Please be a Usui Reiki Master before taking this attunement.

Karuna Ki Reiki Master Level Attunement

Karuna Ki and Karuna Ki Do are in no way affiliated with Karuna Reiki®, the International Center for Reiki Studies® or William Rand. Karuna Ki and Karuna Ki Do are in no way affiliated with Tera Mai-Reiki®, or Kathleen Milner.

This attunement is delivered using the Complete Karuna Ki Singular Attunement.

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Karuna Ki Reiki attunement prepared for me by Chris Comish.”

Alternatively, you may say- “Higher Self please attune me to Karuna Ki Reiki.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

7. Kundalini Reiki

Please take Usui Reiki Attunements before receiving these attunements.

Please take the Kundalini Reiki 2 attunement two days after the Kundalini Reiki 1 attunement. Please take the Kundalini Reiki 3 attunement seven days after the Kundalini Reiki 2 attunement. Please take the attunements in order.

Kundalini Reiki Level One Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Kundalini Reiki Level One attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Kundalini Reiki Level Two Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Kundalini Reiki Level Two attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Kundalini Reiki Level Three Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Kundalini Reiki Level Three attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

8. Imara Reiki

Please take Usui Reiki Attunements before receiving this attunement.

Imara Reiki Master Level Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive Imara Reiki Master Level attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

9. Green Tara Seichim Reiki

Please take Usui Reiki Attunements before receiving this attunement.

Green Tara Seichim Reiki Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I ask to receive the Green Tara Seichim Reiki attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

10. Golden Ray Empowerment

Please take Usui Reiki Attunements before receiving this empowerment.

Golden Ray Empowerment

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Golden Ray Empowerment prepared for me by Chris Comish.”

Remember to drink water and rest following the empowerment.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

11. Gold Reiki

Please take the Usui Reiki and Kundalini Reiki attunements before taking the Gold Reiki attunements. It is recommended five days between Gold Reiki attunements. Please take the attunements in order.

Gold Reiki Level One Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Gold Reiki Level One attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop,

not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Gold Reiki Level Two Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Gold Reiki Level Two attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Gold Reiki Level Three Attunement

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Gold Reiki Level Three attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

12. Orb of Life

Please take Usui Reiki Attunements before receiving this attunement.

Orb of Life Attunement

Get in a relaxed place where you will not be distracted and say the following words:

“I now accept my Orb of Life from Chris Comish.”

Say the words three times.

The Orb of Life will instantly arrive, hovering above your crown chakra. Your Orb of Life will deliver life force energy to you 24 hours a day 7 days a week. Remember to drink water and rest, following the attunement.

Following your attunement, you may call on the Orb of Life to assist you. One example is to say, “Orb of Life, please clear my chakras.”

Be creative, there are no limits to the abilities of the Orb. The energy is intelligent and will flow following your intention.

You may call in each attunement again to receive when you are ready or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Creating an Orb of Life to send to another person

Visualize you are surrounded by life force, that is becoming stronger and stronger, and brighter and brighter. Do this for five minutes.

Say to the life force- “Life force will be generated continuously and you will not fade until I am done with this creation.”

Imagine a soccer size ball of light hovering in front of you.

Start filling the ball with life force, by intending to do so. Visualize the ball getting brighter and brighter in blue color. Do this for 10 minutes, until the ball is full with light and life force.

Say to the ball- “Life force will now be generated continuously and you will never fade or weaken.”

Say- “I ask that this Orb of Life I have created be passed to (name of recipient) when they ask to receive it.”

The recipient says- “I now accept my orb of life from (your name)” and they

will receive the orb of life you have prepared.

13. Higher Self Joy/Bliss Connection

How to receive: “I now request that my Higher Self manifest within me the most perfect unconditional divine love and that I perfectly feel this feeling to know that I am loved during the next 30 minutes for my highest and greatest good.”

Please remember to drink water and rest following the attunement.

You may call in each attunement again to receive, when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For further information about how to use each system please visit each event at

https://www.cityofshamballa.net

For more attunements and empowerments visit The City of Shamballa network at

https://www.cityofshamballa.net

Peace and Love to All

Chapter 3- Testimonials

Always be nice to people on the way up; because you'll meet the same people on the way down.

- Wilson Mizner

I would like to say that you have a wonderful gift, and to thank you from the bottom of my heart for the work that you are doing. The world needs more people who care deeply and love unconditionally as you have shown us all that you do.

In Light and Love,

Jenne

Thank you Chris! I felt a cool tingling sensation down my right arm and was very peaceful.

-Ana, New Jersey, USA

Chris,

I called in the healing last night. I felt a lot of pressure in my head and briefly in my heart. I felt quite refreshed, yet relaxed, afterwards and slept very well last night. Thank you!

-Elizabeth, Rhode Island, USA

Thanks Chris....I felt much pressure in my crown chakra for a few minutes.....then peaceful.

-Silvia, Mexico

Dear Chris,

I feel warmth in my hands, and feel very relaxed. Then I go to a deep sleep. Thanks.

-Vasu, India

Chris,

It was excellent. Thank you and many laughs and hugs.

-Leslie, Nevada, USA

I went to lie down and I immediately felt a very tight bond feeling around my head, and in my head, a full feeling, and a very pulling stinging 3rd eye... that kept on going on, still does... I didn't see so much this time but I was surprised the energy was so strong, swirling around me. One moment I felt like I was blown up like a balloon and drifting off. Further my pulses were hurting a bit inside, a (slight, very bearable) pain pulling up my arms and my heart had a full (strange) feeling too (this heart feeling was in the beginning), can't describe it...

-Maria, The Netherlands

As I relaxed into everything, I realized that I was seeing a dark purple/black mixture, it lasted a while and caught my attention, and it was very deep and soothing. Then I began to see a spinning diamond.. like you would see a water wheel spin if you were looking straight at the water that falls... it was spinning very fast but I noticed that it was a white diamond, then I realized it was a white light and I was excited b/c I realized that you must have been working around my 3rd eye and I was excited to be able to focus on the white light as long as I could.. only a few minutes at a time.. then it became like many white fireworks going off in a black sky... then a quick flash of nine or six white dots in a row, like you see on dice.... I didn't know what that was... then the white fireworks turned to colored fireworks and it was like a beautiful show!

-Michelle, Florida, USA

Dear Chris,

Thank you for the lovely attunement! I had waves of energy surging upwards from my feet up my legs then all over. I love that you have offered this. Thank you, thank you, and thank you.

-Elizabeth, Rhode Island, USA

Hi Chris,

Thank you for the healing. I was resting in bed when I called in the healing. At first I felt energy in my crown and then I didn't feel anything, but I know

that when the energy bodies are being worked on we often don't feel anything. But at one point I felt to put my hand on my heart center and it became hot and tingly. Then a while later I felt energy in my fingers of my left hand and the energy began to slowly move up my arm to my elbow. Very cool. Thank you!

-Mary, New Mexico, USA

You're very good, Chris! Thank you so much!

-Ana-Maria, Romania

Dear Chris,

In deep gratitude for healing energy.

-Elaine, Virginia, USA

Dear Chris,

Thank you for the Gold Reiki Level 3 attunement. I had taken it on 2nd Apr in the evening. I felt a little sensation/vibration in my hands and forehead. But a few minutes after finishing, I felt something (like wind sensation) is entering into my crown chakra. Thanks Again

-Vasu, India

I took level 3 on Saturday. I felt relaxed and happy. Thank you very much.

-Alberto, Spain

Thank you for the second Gold Reiki attunement, Chris! I felt a warm sensation in my chest this time, and tingling in my hands. It felt like a very gentle energy, and it felt wonderful. Looking forward to the next attunement ;)

-Matts, Sweden

Hi Chris!!

Thank you for this empowerment. I felt much heat in my hands and feet. Was very beautiful.

-Begoña, Spain

Thank you, Chris!!!

I just love the energies, they are always so powerful. I called in the empowerment and I felt a lot of energy in my 3rd eye first, from there it went into my head and ran down my neck and spine, oh yes, and I didn't really feel my hands any more, they felt like energy-balls (or something like that:)) wow... wonderful energy...thank you very much...really loved it.

-Maria, The Netherlands

Dear Chris:

I feel this energy softly and gentle. Thanks a lot.

-Claudio Mora, Peru

Many thanks for these energies.

-Meo, New York, USA

Thank you for this wonderful empowerment. It works with Master Kuthumi.

-Karen, Tennessee, USA

Dear Chris,

Thank you for the attunement. I called it in last night and felt a lot of swirling sensations throughout and a lot of pressure in my forehead.

-Elizabeth, Rhode Island, USA

Dear Chris,

Yesterday night I took the level 2 Kundalini Reiki. It felt stronger than the first one. Thank you.

-Alberto, Spain

Dear Chris,

I have taken Kundalini Reiki Level 2 yesterday at 9 p.m. I feel some vibration in my forehead, third eye and hands. Thanks again.

-Vasu, India

Alpha Omega Healing Session was an amazing experience. After only one session I felt different, I felt very calm, I can feel so much peace and love now. It is also helping me greatly with my (what used to be chronic) neck and back pain. Thank you Chris!

- George, Ohio, USA

Thank you for this attunement. I can feel the orb hovering as we speak.

- Bryan, New Jersey, USA

Dear Chris,

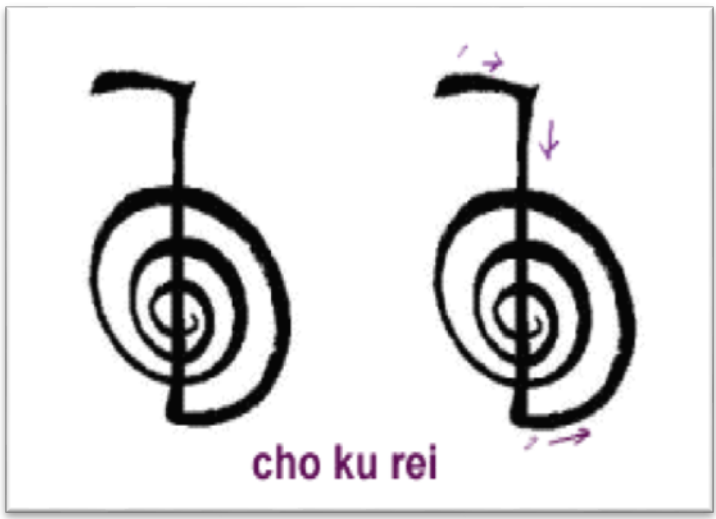
I have just called in my Orb of Life Attunement. God Bless You for being such a giving Person.

- Rebecca, Arizona, USA

Chapter 4- Usui Reiki Symbols

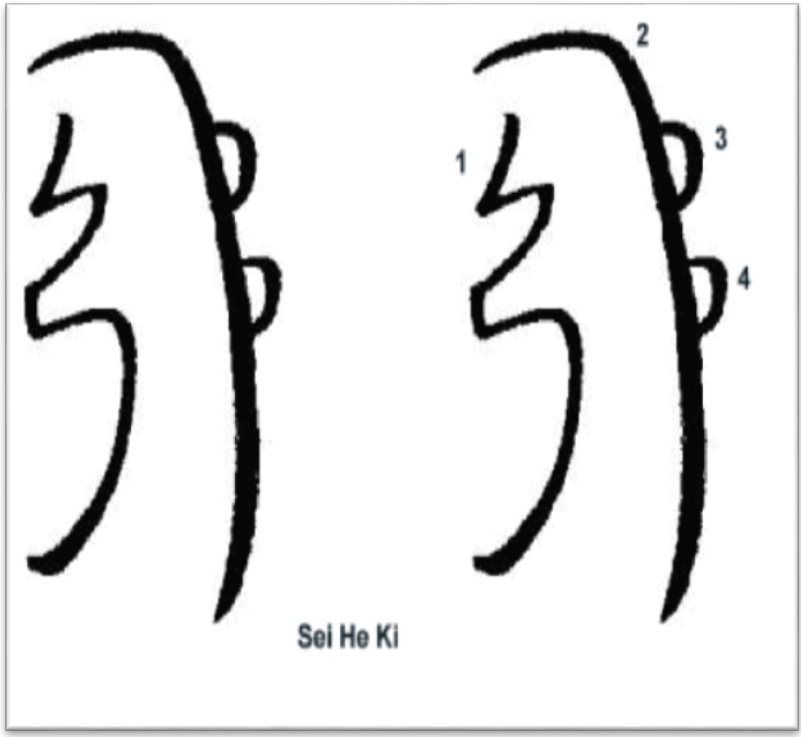
Your own Self-Realization is the greatest service you can render the world.

- Sri Ramana Maharshi



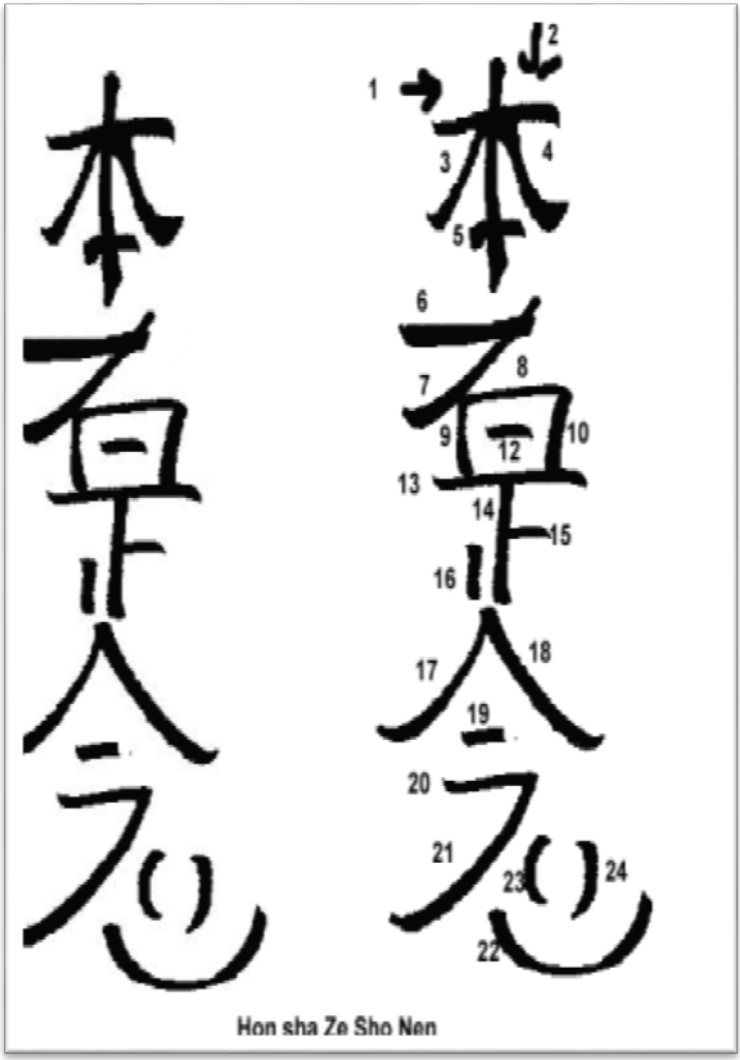
Usui Reiki Power Symbol (Cho Ku Rei)

Use for power and protection. I like to add Cho Ku Rei with a triple swirl of blue light of Archangel Michael's protection on all people, cars, and buildings to protect each for their highest and greatest good. You can visualize the symbol mentally over a person or thing, say its name three times, or draw it on your hands to activate the symbol.



Usui Reiki Mental Emotional Symbol (Sei He Ki)

Heals mental and emotional levels. You can visualize the symbol mentally over a person or thing, say its name three times, or draw it on your hands to activate the symbol.



Usui Reiki Distant Symbol (Hon Sha Ze Sho Nen)

Transfer energy long distance or to heal past or future. You can visualize the symbol mentally over a person or thing, say its name three times, or draw it on your hands to activate the symbol.

Usui Reiki Master Symbol (Dai Ko Myo)

Adds power and used in attunements. You can visualize the symbol mentally over a person or thing, say its name three times, or draw it on your hands to activate the symbol.

Chapter 5- How to Attune Others

Do not hold grain waiting for higher prices when people are hungry.

- Zoroaster, also known as Zarathustra

**I use the word Monad often because it is who you work with after the third Ascension experience (see Dr. Joshua David Stone's Complete Ascension Manual). For those who have not met their Monad, communicate with your Higher Self instead of the Monad.

Grounding Exercise

Prior to attuning others or healing others it is important to ground yourself. Stand up and shift your weight between your feet. Feel your feet on the ground. Visualize roots from your feet, into the center of the Earth. Next, visualize a brilliant white light above your head. Visualize the white light energy flowing down, from above your head, down your chest, into your hips, and out your legs, into the center of the Earth. Then, bring the white light from the center of the Earth, back up through your feet, and legs, to your hips and chest, and out your head. Then, bring the energy down again, from above your head, back through your body, into the center of the Earth again. You are now cleansed and grounded.

Before Attuning Others- Create your first Angelic Sphere of Light

In my books, the recipient calls down the attunement from the ethers, when they are ready to receive the attunement. I use a method called angelic spheres of light. I give thanks to my teacher Tami MacDowell, for this wonderful and innovative attunement method.

Creating an angelic sphere of light is a process that will allow you to create a sphere to contain healing, energy, love, light, protection or attunements. This sphere of angelic love and light can be sent to a recipient, and the energy it contains will remain within the sphere, until the recipient calls the sphere and receives it. There are no time constraints, no rushing to be "ready" at a certain time, to receive or send an attunement or energy. Once an angelic sphere of light has been created, it is carried to its intention- it remains with the intended until the intended is prepared to receive it. This allows the intended,

to mentally and spiritually prepare, to receive the intention.

Preparing your first angelic sphere of light

You need only prepare your angelic sphere of light once. Once it is prepared it will remain in your heart chakra. From then on, when you wish to prepare an angelic sphere of light to send energy or an attunement, you need only touch your heart, and the sphere will respond to your intention and emerge.

Sit comfortably and visualize yourself surrounded by a golden mist. Watch the mist swirl around you. As you watch you begin to make out shapes. They are magnificent; their beauty is like nothing you have seen before. You can hear whispering within the mists. You can barely make out the words. You feel a light touch on your arm, the same on your leg, a whisper of a kiss on your cheek. Your angels have joined you within the beautiful golden mist. You feel much love in the mist.

Bring your palms together in front of you, not quite touching. Sweep them away from each other and then together again, not quite touching. Feel the loving energy that is contained within the span of your palms. Now begin to mold this energy into a sphere. Ask your angels to help with this. Allow your angels to help mold the sphere, using the golden mist. Watch as your angels smooth the sphere into a golden globe. Feel this golden energy sphere you are holding. You can expand it or contract it. It will hold whatever you ask the golden energy sphere to hold.

Ask your angels to position the sphere above your crown chakra. Gather in the energies of the sphere through your crown chakra. Watch as the golden sphere merges with your crown chakra and see the violet colors of the crown chakra merge with the golden hues of the sphere. This is the chakra of knowingness and wisdom. Feel the golden energy sphere swell with knowledge and wisdom.

Bring the sphere down through your brow or third eye chakra. Feel the sphere assuming the indigo color of the brow chakra. Feel the understanding and belief, the clairvoyance of the brow chakra merge with the sphere, and watch the colors swirl and dance.

Gathering the sphere still further, feel the sphere enter your throat chakra. The blue color of the throat chakra is drawn within the sphere now, and you feel the freedom of communication and identity, unite within the golden energy sphere of light.

Feel your angels guiding the sphere into your heart chakra. This is where your angelic sphere of light will reside, after it completes its journey of merging

with the 7 chakras. Notice, the green color merging within the sphere. Experience the balance of the heart chakra, 3 chakras above, and 3 chakras below. Within this balance, is love, pure, and unconditional. Take a moment to sit with this love, permeating your being. Feel the love.

Your solar plexus is accepting the sphere now. Yellows mold within the colors contained within. Feel inside this chakra the tides of change. Know that you embrace the change. The raw energy within this chakra will be gathered, and changed, into energy you can mold and use. Watch the colors contained by the golden energy sphere swirl, and then gently merge together.

The sphere is entering your sacral chakra now. This chakra is sometimes called the sacred chakra. Pleasure, sensuality, and uncontained joy, are coursing through the golden energy sphere. Feel the orange of this chakra ignite, and restore any impotence you feel.

As the sphere enters your root chakra, you feel it ground you. This is the chakra that sustains us. As the red of this chakra enters the sphere you feel the power of the root chakra swell, and fill you with self-confidence.

Now feel your angelic sphere of light move again, from the root chakra, back through the sacral chakra, passing through the solar plexus chakra, to the heart chakra. Hold it gently in the heart chakra. Feel the fit of your angelic sphere of light within your heart chakra. Here it will remain. All you need to do to create an angelic sphere of light, is to touch your heart chakra with love. Your angelic sphere of light will come forth immediately, and you can infuse your sphere, with any energy or attunement that you create.

Script (replace my name with your name):

Instant Reiki Healing

They say, I am now ready to receive Reiki healing prepared for me by Chris Comish.

Set the intention that all who ask to receive Reiki healing, receive it instantly, the moment they ask to receive it. Intend that they receive it perfectly, for 1 hour, regardless of how long the healing is prepared. Ask that your Monad/ Divine beings watch over the Reiki healing, that the Reiki healing is received perfectly the moment the recipient asks to receive it.

I set the intention that I send the Reiki healing to ( )'s Higher Self, through an angelic sphere of light, with the intent that the Reiki healing is received, when ( ) asks for it. I set the intention that the Reiki healing will reach ( ), at the

exact moment, ( ) called it in.

I touch my heart center with love, and visualize the sphere coming forth from my heart.

I ask my Monad to be present, to ensure all egos have been removed, and only the highest of energies are present.

I call my guardian angels, and all others that I choose to work with.

I intend that I prepare the Reiki healing I will be sending, and intend that the Reiki energies fill the angelic sphere of light, and that it holds the Reiki healing.

(Prepare distant Reiki healing, imagine sending to their Higher Self).

I intend that they be healed, and receive the Reiki energies perfectly, for one hour, regardless of how long the healing is prepared.

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the Reiki healing I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the Reiki healing.

I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere, and seal it with Divine love. Imagine a white line sealing the Reiki healing into the sphere.

Send it to ( )'s Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self). Intend that when ( ) asks for the Reiki healing, it is received by ( ), at the exact moment, ( ) called it in.

Instant Reiki Attunement

They say, I am now ready to receive _____ Reiki attunement prepared for me by Chris Comish.

Set the intention that all who ask to receive _____ Reiki attunement, receive it instantly, the moment they ask to receive it. Intend that they receive it perfectly, for 1 hour, regardless of how long the attunement is prepared. Ask that your Monad/Divine beings watch over the ____ Reiki attunement, that the _____ Reiki attunement is received perfectly, the moment the recipient asks to receive it.

Set protective space.

I set the intention that I send the _____ Reiki attunement to ( )'s Higher Self, through an angelic sphere of light, with the intent that the ____ Reiki attunement is received, when ( ) asks for it. I set the intention that the _____ Reiki attunement, will reach ( ), at the exact moment, ( ) called it in.

I touch my heart center with love, and visualize the sphere coming forth from my heart.

I ask my Monad to be present, to ensure all egos have been removed, and only the highest of energies are present.

I call my guardian angels, and all others that I choose to work with.

I intend, that I prepare the _____ Reiki attunement I will be sending, and intend that the _____ Reiki energies fill the angelic sphere of light, and that it holds the _____ Reiki attunement.

I intend, that they receive the Reiki attunement energies perfectly, for one hour, regardless of how long the attunement is prepared.

(Prepare distant Reiki attunement, imagine sending to their Higher Self).

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the _____ Reiki attunement I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the _____ Reiki attunement. I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere, and seal it with Divine love. Imagine a white line sealing the _____ Reiki attunement into the sphere.

Send it to ( )'s Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self).

I intend that when ( ), asks for the _____ Reiki attunement, it is received by ( ), at the exact moment, ( ) called it in.

Embedded Web Page Reiki Attunement

I set the intention that every person who visits the ( ) home page, in whatever country they are in, receives the Usui Reiki Level I attunement instantly, by viewing the ( ) home page, uplifting their consciousness to the Christ consciousness, if it is for their highest and greatest good, and in accordance with God's Will, and the Divine Plan.

Set the intention that all who view the ( ) home page, whether in the past,

present, or future, receive the Usui Reiki Level One attunement instantly, the moment they view the page. Intend that they receive the Usui Reiki Level One attunement perfectly, for 1 hour, regardless of how long the attunement is prepared. Ask that your Monad/Divine beings watch over the Usui Reiki Level One attunement, that the Usui Reiki Level One attunement is received perfectly, and instantly, the moment each recipient, each person, views the ( ) home page.

I set the intention that I prepare the Usui Reiki Level One attunement, attuning the Higher Self that represents the Higher Self of each recipient, each person, who views the ( ) home page, in whatever country they are in.

I ask my Monad to connect me to the Higher Self of each recipient, each person, who views the ( ) homepage, in whatever country they are in. VISUALIZE MILLIONS OF HIGHER SELVES.

I set the intention, that I send the Usui Reiki Level One attunement, to each recipient/each person, that views the ( ) home page's Higher Self, through an angelic sphere of light, with the intent that the Usui Reiki Level One attunement is received perfectly, when each person views the ( ) home page, in whatever country that they are in. The attunement will only be received by those, which have not been attuned already. I set the intention that the Usui Reiki Level One attunement will reach each recipient/each person, who views the ( ) home page, at the exact moment, each recipient/each person, views the ( ) home page. The attunement will only be received by those, which have not been attuned already. The attunement will be received instantly when they view the ( ) home page, at the exact moment, they view the ( ) home page, if it is for their highest and greatest good, and in accordance with God's Will, and the Divine Plan.

I touch my heart center with love, and visualize the sphere coming forth from my heart.

I ask my Monad to be present, to ensure all egos have been removed, and only the highest of energies are present.

I call my guardian angels, and all others that I choose to work with.

I intend, that I prepare the Usui Reiki Level One attunement I will be sending, and intend that the Usui Reiki Level One energies fill the angelic sphere of light, and that it holds the Usui Reiki Level One attunement.

I intend, that each recipient/each person, who views the ( ) home page (who has not been attuned already), receives the Usui Reiki Level One attunement energies perfectly, for one hour, regardless of how long the attunement is prepared.

Set protective space.

PREPARE USUI REIKI LEVEL ONE ATTUNEMENT, ATTUNING THE HIGHER SELF THAT REPRESENTS THE HIGHER SELF OF EACH RECIPIENT.

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the Usui Reiki Level One attunement I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the Usui Reiki Level One attunement. I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere (from top of sphere to bottom, bottom to top), and seal it with Divine love. Imagine a white line sealing the Usui Reiki Level One attunement into the sphere.

Send it to each recipient's/each person, who views the ( ) homepage Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self). VISUALIZE THE MILLIONS OF ANGELS BRINGING MILLIONS OF SPHERES TO EACH OF THE MILLIONS OF HIGHER SELVES.

Intend the attunement to be received only, if they have not been attuned to Usui Reiki Level One previously.

Intend that when (each recipient/each person who views the ( ) homepage), views the ( ) homepage, the Usui Reiki Level One attunement is received instantly, by recipient/each person, who views the ( ) homepage, at the exact time, they view the ( ) homepage.

Various Reiki Attunements

New Usui Reiki 1-2-3

Imagine or visualize that you are surrounded by life force that is slowly becoming stronger and brighter. Do this for 2-5 minutes.

Ask your Monad to connect to the Higher Self of the person you want to attune. Call upon Master Kuthumi, Lord Melchizedek, your Monad and other great Divine beings for assistance.

Say directly to the accumulated life force- "Life force will be generated continuously and will not fade until I am done with this attunement."

Say mentally or out loud to your Monad, "I ask that (name) in (location) may be attuned to New Usui Reiki Level ( ), the strongest possible the person can

handle.

Let the energies flow to their Higher Self.

Gold Reiki

Imagine or visualize that you are surrounded by life force that is slowly becoming stronger and brighter. Do this for 2-5 minutes.

Ask your Monad to connect to the Higher Self of the person you want to attune. Call upon Master Kuthumi, Lord Melchizedek, your Monad and other great Divine beings for assistance.

Say directly to the accumulated life force- “Life force will be generated continuously and will not fade until I am done with this attunement.”

Say mentally or out loud to your Monad, “I ask that (name) in (location) may be attuned to Gold Reiki Level ( ), the strongest possible the person can handle.

Let the energies flow to their Higher Self.

Kundalini Reiki

Imagine or visualize that you are surrounded by life force that is slowly becoming stronger and brighter. Do this for 2-5 minutes.

Ask your Monad to connect to the Higher Self of the person you want to attune. Call upon Master Kuthumi, Lord Melchizedek, your Monad and other great Divine beings for assistance.

Say directly to the accumulated life force- “Life force will be generated continuously and will not fade until I am done with this attunement.”

Say mentally or out loud to your Monad, “I ask that (name) in (location) may be attuned to Kundalini Reiki Level ( ), the strongest possible the person can handle.

Let the energies flow to their Higher Self.

Imara Reiki

Ask that your Monad connect with the Higher Self of the person being attuned. Have as much personal information about them to help you connect.

Place your hands on your head in position 1 (Spock position, thumbs behind ears, index fingers touching ears), and invoke the energy (say LaHoChi LaHoChi). When you feel it running through you, declare your intent to attune that person. Wait until the energy is coming to a close. Give thanks.

It is recommended they perform a self-treatment before attuning others.

USUI REIKI ATTUNEMENTS

The following attunements are the traditional Usui Attunements. This information is sacred.

USUI REIKI FIRST DEGREE ATTUNEMENT

Say I now wish to attune (name) at (location) to Usui Reiki Level I, the strongest possible the person can handle.

FIRST ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.

5. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

6. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Power Symbol in front of the student's third eye; chant the secret name of the Power Symbol three times as you envision it moving into the head, through the third eye.

3. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant to yourself the secret name of the Power Symbol three times. Slap the hands gently three times.

4. Bring the student's hands together. Move them in front of the student's heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

SECOND ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.

5. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

6. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Power Symbol in front of the student's Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head, through the third eye of the student.

3. Draw the Distant symbol in front of the student's Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it moving into the head, through the Third Eye.

4. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant to yourself the secret

name of the Power Symbol three times. Slap the hands gently three times.

5. Bring the student's hands together. Move them in front of the student's heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

THIRD ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Touch the

student’s left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.

5. Gently move the student’s hands from the top of their head, motioning them back down in front of the Heart.

6. Move to the front of the student.

PART II

1. Open the student’s hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Power Symbol in front of the student’s Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head, through the third eye.

3. Draw the Distant symbol in front of the student’s Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it moving into the head, through the Third Eye.

4. With your right hand, draw the Power Symbol in the air above the hands. Visualize the symbol moving into the hands as you chant the secret name of the Power Symbol three times. Slap the hands gently three times.

5. Bring the student’s hands together and move them in front of the heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the student's hands.

PART III

1. Place your hands on the student’s shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student’s Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase: "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked.

Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

FOURTH ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

4. Draw the Mental/Emotional Symbol over the head, while repeating the secret name of the symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

5. Touch the student's left shoulder, signaling them to raise their prayer-clasped hands to the top of their head.

6. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.

7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

8. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Power Symbol in front of the student's Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head, through the Third Eye.

3. Draw the Distant symbol in front of the student's Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it moving into the head, through the Third Eye.

4. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Power Symbol three times. Slap the hands gently three times.

5. With your right hand, draw the Power Symbol in the air above the hands. Visualize the symbol moving into the hands as you chant the secret name of the Power Symbol three times. Slap the hands gently three times.

6. Bring the student's hands together and move them in front of the heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase: "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

-END-

USUI REIKI SECOND DEGREE ATTUNEMENT

Say I now wish to attune (name) at (location) to Usui Reiki Level II, the strongest possible the person can handle.

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Touch the student's left shoulder, signaling them to raise their prayer-clasped hands to the top of their head.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.

5. Draw the Mental/Emotional Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the student's Hands and Brain.

6. Draw the Distant Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the symbol to yourself three times as you place the symbol into the Hands and Brain.

7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

8. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Usui Master Symbol in front of the student's Third Eye chanting the secret name of the Symbol, three times, as you visualize it moving into the head, through the Third Eye.

3. Draw the Power Symbol in front of the student's Third Eye, chanting the secret name of the Symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.

4. Draw the Distant Symbol in front of the third Eye, chanting the Secret name of the symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.

5. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Symbol to yourself, three times, while visualizing it moving into the head, through the Third Eye.

6. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

7. With your right hand, draw the Distant Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

8. With your right hand, draw the Mental/Emotional Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

9. Bring the student's hands together and move them in front of the Heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands. Return to back of your student.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

-END-

THE USUI REIKI MASTER ATTUNEMENT

Say I now wish to attune (name) at (location) to Usui Reiki Master Level, the strongest possible the person can handle.

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Touch the student's left shoulder, signaling them to raise their prayer-clasped hands to the top of their head.

3. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra-like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.

5. Draw the Mental/Emotional Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and

Brain.

6. Draw the Distant Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the symbol to yourself three times as you place the symbol into the Hands and Brain.

7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

8. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Usui Master Symbol in front of the student's Third Eye chanting the secret name of the Symbol, three times, as you visualize it moving into the head, through the Third Eye.

3. Draw the Power Symbol in front of the student's Third Eye, chanting the secret name of the Symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.

4. Draw the Distant Symbol in front of the third Eye, chanting the Secret name of the symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.

5. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Symbol to yourself, three times, while visualizing it moving into the head, through the Third Eye.

6. With your right hand draw the Usui Master Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the name to yourself three times. Gently slap the student's hands three times.

7. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

8. With your right hand, draw the Distant Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

9. With your right hand, draw the Mental/Emotional Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret

name to yourself three times. Slap the hands gently three times.

10. Bring the student's hands together and move them in front of the Heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands. Return to back of your student.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

-END-

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the _____ Reiki attunement I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the _____ Reiki attunement. I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere and seal it with Divine love. Imagine a white line sealing the _____ Reiki attunement into the sphere.

Send it to ( )'s Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self).

Intend that when ( ) asks for the _____ Reiki attunement, it is received by ( ), at the exact moment, ( ) called it in.

Instant Reiki Empowerment

They say, I am now ready to receive _____ Reiki empowerment prepared for me by Chris Comish.

Set the intention that all who ask to receive _____ Reiki empowerment, receive it instantly, the moment they ask to receive it. Intend that they receive it perfectly, for 1 hour, regardless of how long the empowerment is prepared. Ask that your Monad/Divine beings watch over the ____ Reiki empowerment, that the _____ Reiki empowerment, is received perfectly, the moment, the recipient asks to receive it.

Set protective space.

I set the intention that I send the _____ Reiki empowerment to ( )'s Higher Self, through an angelic sphere of light, with the intent that the ____ Reiki empowerment, is received, when ( ) asks for it. I set the intention, that the _____ Reiki empowerment, will reach ( ), at the exact moment, ( ) called it in.

I touch my heart center with love, and visualize the sphere coming forth from my heart.

I ask my Monad to be present, to ensure all egos have been removed, and only the highest of energies are present.

I call my guardian angels, and all others that I choose to work with.

I intend, that I prepare the _____ Reiki empowerment I will be sending, and intend that the _____ Reiki energies fill the angelic sphere of light, and that it holds the _____ Reiki empowerment.

(Prepare distant Reiki empowerment, imagine sending to their Higher Self).

I intend, that they receive the Reiki empowerment energies perfectly, for one hour, regardless of how long the empowerment is prepared.

Golden Ray Empowerment

Imagine that you are inside the Golden Ray. Do this for 2-3 minutes.

Mentally say, (Name/Location) is now receiving the Golden Ray Empowerment.

(The empowerment takes about 15 minutes).

Let the energies flow to their Higher Self.

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the _____ Reiki empowerment I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the _____ Reiki empowerment. I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere, and seal it with Divine love. Imagine a white line sealing the _____ Reiki empowerment into the sphere.

Send it to ( )'s Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self).

I intend, that when ( ) asks for the _____ Reiki empowerment, it is received by ( ), at the exact moment, ( ) called it in.

Chapter 6- Planetary Ray Attunements

When the power of love overcomes the love of power, the world will know peace.

- Sri Chinmoy Ghose

Start at the top of the list and then work down the list as far as you can go. Each is an increase in frequency and vibration. Simply visualize the color and you being bathed in the light. Feel the energies. Take at least 10 minutes with each ray. You are welcome to take longer. Calling forth the rays is an important step in the Ascension process, and will allow you to access their qualities, to help balance yourself, and help achieve full self-realization.

When you need to stop, then do so to integrate the energies you can integrate. If you can't tolerate an energy level, don't be discouraged, you can always come back to the attunement later. The cosmos is a very big place and you have plenty of time.

Simply say:

1. El Morya in Shamballa.....I ask for an attunement to the first ray and permanent connection to the first ray and the permanent integration of the first ray and to be permanently able to utilize and access the first ray of power, will and purpose (red color) .....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in red light and integrate the energies.

2. Djwhal Khul and Master Kuthumi in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the second ray of love/wisdom (blue color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in blue light and integrate the energies.

3. Serapis Bey in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the third ray of active or creative intelligence (yellow color).....stepped down to the level that is best for me at this time for my

highest and greatest good. Take ten minutes to visualize being bathed in yellow light and integrate the energies.

4. Paul the Venetian in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the fourth ray of harmony (emerald green color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in emerald green light and integrate the energies.

5. Master Hilarion in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the fifth ray of concrete science (orange color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in orange light and integrate the energies.

6. Master Jesus and Lady Nada in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the sixth ray of abstract idealism and devotion (indigo blue color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in indigo blue light and integrate the energies.

7. Saint Germain in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the seventh ray of ceremonial order and magic (violet color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in violet light and integrate the energies.

8. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the eighth ray: higher cleansing ray (sea foam green color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in sea foam green light and integrate the energies.

9. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an

attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the ninth ray: attracting the body of light (blue green color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in blue green light and integrate the energies.

10. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the tenth ray: anchoring the body of light, inviting soul merge (pearlescent color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pearlescent light and integrate the energies.

11. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the eleventh ray: bridge to the New Age (pink orange color)....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pink orange light and integrate the energies.

12. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the twelfth ray: anchoring New Age and Christ consciousness (gold color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in golden light and integrate the energies.

13. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the white light ray from Shamballa Ascension seat (white light color)....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in white Source Light and integrate the energies.

Chapter 7- Cosmic Ray Attunements

Tend the fire of your heart- with each act of love the fire grows more toward me.

- God (during a message to me during meditation)

Please take the Planetary Ray Attunements first before you take the Cosmic Ray Attunements.

This is a continuation of the Planetary Ray Attunements. The Cosmic Rays are stronger than the Planetary Rays. The Rays really help you increase your vibration and the amount of Light you hold. Start at the top of the list and then work down the list as far as you can go. Each is an increase in frequency and vibration. Simply visualize the color and you being bathed in the light. Feel the energies. Take at least 10 minutes with each ray. You are welcome to take longer. Calling forth the rays is an important step in the Ascension process, and will allow you to access their qualities, to help balance yourself, and help achieve full self-realization.

When you need to stop, then do so to integrate the energies you can integrate. If you can't tolerate an energy level, don't be discouraged, you can always come back to the attunement later. The cosmos is a very big place and you have plenty of time.

Simply say:

1. Helios and Vesta in the Ascension seat in the Solar core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the solar ray of copper-gold light.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in copper gold solar light and integrate the energies.

2. Melchior, Adonis and Vywamus in the Ascension seat in the Galactic core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the galactic ray of silver-gold light.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in silver gold galactic light and integrate the energies.

3. Lord of Sirius, Lord of Arcturus and Lenduce in the Ascension seat in the Great White Lodge on Sirius in the Galactic core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the galactic ray of gold light.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in golden galactic light and integrate the energies.

4. Lord Melchizedek in the Golden Chamber in the Universal core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the universal ray of the purest and most refined gold light.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pure golden universal light and integrate the energies.

5. Lord Metatron, Lord Melchizedek and the Mahatma beyond the Universal core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the ten lost Cosmic Rays of the yod spectrum (platinum light).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in platinum light and integrate the energies.

6. Lord Metatron, Lord Melchizedek and the Mahatma in the Multi-universal core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the pure platinum ray of light at the multi-universal level.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pure platinum multi-universal light and integrate the energies.

7. Cosmic Council of Twelve at the Cosmic level.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the twelve Cosmic Rays of clear Light, translucent and invisible.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pure clear, translucent and invisible Light and integrate the energies.

8. God at the Throne of Grace.....I ask for an attunement and

permanent connection and the permanent integration and to be permanently able to utilize and access the Godhead level ray of clear, translucent and invisible Light.....stepped down to the level that is best for me at this time for my highest good. Take ten minutes to visualize being bathed in pure clear, translucent and invisible Source Light and integrate the energies.

Chapter 8- Axiatonal Lines

As you sow, so shall you reap.

- Jesus

This is an attunement to connect you to your axiatonal lines, enabling more of your Higher Self to flow through you, and merging the personality and Higher Self into One. This releases the veils which have prevented you from manifesting your Higher Self on Earth. The intent is that whoever reads the words, is connected to their axiatonal lines.

It is recommended this be received at least twice on separate days, to strengthen the connection. You may call in the energy again, when you are ready to receive again.

Please remember to drink water and rest following each attunement. There may be a temporary purging process, such as buzzing in the head, disorientation, slight dizziness, and then sudden feelings of joy, following each attunement.

This is the release of veils, and the merging with your Higher Self. Understand this purging process is only temporary, and your Great Spirit will manifest more and more, bringing you great moments, and self-realization, full of joy and love.

Special thanks and inspiration: Lynn Wincott of The Universal Connection for first connecting my axiatonal lines, Stephen Lovering/Ole Gabrielsen/Steve Murray for showing me that attunements can be received perfectly, and powerfully, instantly, and world-wide, Tami MacDowell of Healings of the Heart for showing me a method for delivering attunements world-wide, Dr. J.J. Hurtak who shared The Book of Knowledge: The Keys of Enoch with the world, and taught me about axiatonal lines, and finally all the Divine beings who support this process, who I have faith in that this is received perfectly, for the expansion of Universal Consciousness, Connection between Spirit and Earth, and the sharing of Unconditional Love with all beings on Earth.

All thanks are attributed to the Divine. Special thanks to Archangel Metatron and the Order of Melchizedek for inspiring this attunement.

What are Axiatonal Lines and why do they need to be connected?

Fifth dimensional Axiatonal Lines connect into the Fourth dimensional chakra

system.

In the beginning of the manifestation program of Source, we were connected completely into the Garden of Eden, the Tree of Life program.

As Light manifested into form, we were veiled from Source through our incarnated personality mind, also called the Tree of Knowledge program.

This veil of forgetfulness was to protect free will. Third density is the density of free will. Free will exists, so Source can experience knowing Himself/ Herself.

The purpose of Third density, is to choose an overall polarity in all experiences, either selfless (positive) or selfish (negative). If the overall positive polarity is chosen, the incarnated personality (in the Tree of Knowledge program), chooses to return to the wholeness of Source (The Tree of Life program).

We are all destined to return to Source, it is only a matter of time. However, the choices we make in life can either speed up (selfless positive choices), or hinder (selfish negative choices), the return to Source. This attunement helps to speed up the connection to Source, through your free will intent to reconnect with Source, enabling your Higher Self to manifest more within you.

This attunement enables the incarnated personality to release the mind, and enter the heart, through the Axiatonal Lines Connection, that connects your Higher Self to you, the incarnated personality. This rapidly shifts the etheric structure of the body, to update to crystallized structure, enabling the body to integrate more multi-dimensional Light.

This releases the veils, which have prevented you, from manifesting your Higher Self on Earth.

This enables your Higher Self to flow through you, and merging the personality, and Higher Self into One.

Please take Usui Reiki Attunements before receiving this Axiatonal Lines Connection Attunement.

Axiatonal Lines Connection

To receive the attunement say, “I am now ready to receive the axiatonal connection attunement prepared for me by Chris Comish.”

I've set the intention that all who ask to receive attunements from me, receive them perfectly, and instantly, the moment they call them in, regardless if the attunement is received in the past, present or future, and regardless of who the recipient is, regardless of their location, or their time zone.

I also set the intention that the Axiatonal Connection Attunement is received as many times as each recipient wishes to receive it.

That means you can receive the attunement multiple days in a row to strengthen the connection- just say the statement above again.

Please remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Chapter 9- Invocation and Meditation for the Archangels

Do good works on Earth.

- God (during another message to me)

I now invoke the mighty Archangel Michael to stand at my right hand side. I ask him to pour courage and strength into me and bring about positive results to my endeavors. I now request that he cut all my negative cords and attachments with his sword. I ask that the deep blue cloak of protection is placed over me so that only that which is of the highest and purest light may enter my aura.

Pause for a moment so that Archangel Michael can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Gabriel to stand at my left hand side in his pure white ray. I ask that he pours his pure white energy into my aura and brings me guidance about my next step or my pathway. I ask that the symbols of my life's mission be illuminated and activated now. Please bring joy, grace, clarity, understanding, generosity and order into my life.

Pause for a moment so that Archangel Gabriel can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Uriel to stand in front of me and fill my aura with his purple and gold ray of wisdom and peace. Help me to soothe all conflict in my life and replace it with serenity, brotherhood and sisterhood. Please break my mental and emotional chains and free me from all my fears.

Pause for a moment so that Archangel Uriel can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Raphael of the emerald ray to stand behind me. I ask that he pour healing and abundance into me. I ask for protection on my journeys and that I be impressed with justice, truth and vision.

Pause for a moment so that Archangel Raphael can complete this work and can communicate anything he wishes to.

I now invoke the mighty Archangel Chamuel of the pink ray to expand the flame of love in my heart. Please help me to find compassion and forgiveness for myself and for everyone I have ever harmed knowingly or unknowingly. I ask that my heart be opened at a personal and cosmic level.

Pause for a moment so that Archangel Chamuel can complete this work and can communicate anything he wishes to.

I now invoke the mighty Archangel Jophiel to pour the golden light of wisdom and illumination onto me through my crown center. I ask that his wisdom light up and inspire my mind, helping me to learn and teach at the highest level. I ask that the symbols of wisdom I have accumulated throughout my lifetimes be lit up and activated now.

Pause for a moment so that Archangel Jophiel can complete this work and can communicate with you if he wishes to.

I now invoke the mighty Archangel Zadkiel of the violet ray of mercy, joy and transmutation to pour the violet flame into my aura. I ask for all my negativity to be released and dissolved and replaced with joy, diplomacy and tolerance.

Pause for a moment so that Archangel Zadkiel can complete this work and can communicate with you if he wishes to.

Your aura is now filled with the energy of the Archangels and you are connected to your mighty I AM presence. You are blessed.

A channeled meditation by Diana Cooper.

https://www.dianacooper.com

Chapter 10- Prayers and Meditations

For where there is reverence for good works and light in the mind, even darkness fleeth away from him.

- The Testament of Benjamin, from the Apocrypha

This chapter is a collection of prayers and meditations I have used in the past. They are powerful tools to help you connect to the Divinity within.

The Soul Mantra, from the works of Alice Bailey and Djwhal Khul (say three times)

I AM the Soul

I AM the Light Divine

I AM Love

I AM Will

I AM Fixed Design

The Monadic Mantra, from the works of Alice Bailey and Djwhal Khul (say three times)

I AM the Monad

I AM the Light Divine

I AM Love

I AM Will

I AM Fixed Design

Now as you say each mantra, place your hands on your temples, and create a triangle with your eighth chakra (soul star- above your head), and your two temples. Visualize the triangle in radiant white light. Visualize a radiant star above your head. Watch the star descend into your crown chakra, and slowly move it down, through all chakras, into the center of the Earth. Then, let the

white star ascend, from the center of the Earth, back up, through your chakras, back to the soul star, above your head. There may be changes in breathing, and eye flickering, as the portal to the upper planes manifests.

The Great Invocation, from the works of Alice Bailey and Djwhal Khul

From the point of Light within the mind of God,

Let Light stream forth into the minds of men.

Let Light descend on Earth.

From the point of Love within the heart of God,

Let Love stream forth into the hearts of men.

May Christ return to Earth.

From the center where the will of God is known,

Let the purpose guide the little wills of men.

The purpose which the masters know and serve.

From the center which we call the race of men,

Let the plan of Love and Light work out,

And may it seal the door where evil dwells,

Let Light and Love and Power restore the plan on Earth.

God's Will be done.

Amen.

A personal prayer to God

Thank you God for all blessings love and forgiveness.

I owe my Soul to you.

You saved my life from harm,

And continued to bless me with your Life,

Your Love,

Your Forgiveness.

Be forever by me God,

And I stand forever by you God,

To do Your Divine Will,

For now and Eternity,

In the name of Love,

In the name of God.

Amen.

The Ultimate Ascension Meditation, from the works of Dr. Joshua David Stone

Melchizedek, Lenduce, Vywamus, Sanat Kumara, Djwhal Khul, Kuthumi, Lord Maitreya, Arcturians, Metatron, Mahatma:

I (name), hereby call forth a triple Ascension seat activation of the Golden Chamber of Melchizedek, Lenduce's Ashram, and Shamballa in conjunction with the Arcturians and Lord Metatron.

I call forth a full anchoring and activation of the three hundred fifty-two levels of the Mahatma,

all fire letters and key codes,

the Microtron, axiatonal alignment,

brain illumination, Light quotient building, seventh degree activation, teleportation activity, mayavarupa energization, thirty-sixth chakra actualization in the crown chakra, full antahkarana merger with the Ascension column, chakra balancing and strengthening, physicalization of the twelve strands of DNA, seventh degree completion merger, the twelve Christed universes, the opening of all chakra chambers and facets, Light packets from the Great White Lodge on Sirius,

The anchoring of the Cosmic Heart,

The anchoring of the twelve bodies of Light,

The anchoring of the twelve Cosmic stations,

The opening of the alpha and omega chakras,

The opening of the Ascension chakra,

The merger of the Greater Flame with the lesser flame, And Ascension activation and blessings from the twelve mighty Elohim and twelve mighty Archangels so I may be of greater service.

Amen.

After all the energies are anchored, call forth from your Mighty I AM Presence your double merkabah. Call to your Mighty I AM Presence to spin the inner merkabah to the right and the outer merkabah to spin to the left. Remember to breathe while doing this. Ask that your Mighty I AM Presence spin the merkabahs, to stabilize, and solidify, all the energies you have called forth, and anchored.

Note- Please read Dr. Joshua David Stone's books for more information about The Ultimate Ascension Meditation, as well as many other Ascension Meditations. Some of his books are listed in the Bibliography section of this book.

About Dr. Joshua David Stone

Dr. Joshua David Stone, the founder of the I AM University, was one of the most influential Spiritual teachers, leaders and forerunners of our time. He had a Ph.D. in Transpersonal Psychology and was a licensed Marriage, Family and Child Counselor in California, USA. He made his mark in the Consciousness Community as a prolific writer, and introduced inspired ideas such as striving for “integrated full spectrum prism consciousness,” to unfold, and reveal, the fullness of our Divine Potential, and transcending the negative ego mind, as a requirement to realize our Divine Self. He was a pioneer in the field of Spiritual psychology, and authored the concept of integrated Ascension, as well as the noble ideal of striving to become an Integrated Ascended (Enlightened) Master, both terms which he coined, to stress the importance of mastering, and integrating, the Spiritual, psychological, and physical/Earthly aspects of self, to follow an integrated, and balanced approach to Self-Realization.

Source of Dr. Joshua David Stone's biography:

https://www.iamuniversity.org/author/dr-joshua-david-stone/

Contacting the Afterlife and Other Realms, my method

Lie down or sit comfortably. Enter into Reiki energy for the purpose of contacting (name of spirit). You are performing a self-healing and awaiting contact. As the energy raises your vibrations, you will begin to see with your mind's eye. You will see the being or place you asked to connect to. If you contacted a being, they will begin to speak to you telepathically. Ask questions, then write everything down. Using energies you will be able to access up to the Ninth dimension.

Contacting the Afterlife and Other Realms, my experience using the techniques from the works of Steve Murray

Not everyone needs to channel the after-life or other realms. Most seek closing or information. Only your heart knows what to do.

ADVICE- only ask to contact a specific person or being that is for your highest and greatest good. Ask that Archangel Michael and your guardian angels or spirit guides, protect you from all harm and ill will during the contact, and help you with understanding the information during the contact. If you follow these words, you will not be harmed, and you will learn something from the contact.

Before you start any spiritual connections, you should open your spiritual portal. You only have to do it once, because after that, you will open and close it each time, during a session, by touching your hand to your forehead.

Allow 10-15 minutes for the process. To open it, get in a meditative state for 5 minutes, then state the following prayer. Then, meditate on the words for another 5 minutes. You will then be attuned, for opening and closing your spiritual portal.

Prayer to open your portal (done only once): "I ask that my spiritual portal be cleared and opened for spiritual connections for my highest good. That this expanding and opening of my spiritual portal, only allows spirits for my highest good to come forth. I ask that I will be guided and protected during my spiritual contact, and have contact only with spirits that I seek for information, and guidance. That I receive this information with clarity and understanding, in a form I can understand. I ask that this spiritual portal be open each time I touch my forehead with my right hand, before spiritual contact, and for the portal to be closed, when I touch my forehead again with my right hand, after the contact is over. So it is."

Prayer to contact spirits (done every time afterwards): After initial opening of spiritual portal, this can always be done. Get in a meditative state. Intend to contact (name of spirit). Ask your source, God, higher power or whatever your belief, for your protection and wellbeing during the session. Ask for a white or a golden healing light to surround you and fill the room. Ask for wisdom and guidance throughout this session. Ask that this session will only be for your highest good. Touch your forehead with the right hand to open the portal. Await contact. You may feel cool temperature, energy flooding over you, and see something in your mind's eye. This is the contact. Spirits often talk telepathically. Listen and ask questions. When done, give thanks to the spirit. When finished, touch your forehead with the right hand again, to close the contact. Write everything down and ground yourself.

Once contact is made initially, it will be easier to contact the other side again. It will also be easier for them to contact you.

What proof is there that this works? Here is my experience.

I was contacted by someone I knew who died in a car crash in 2005. She needed help along her spiritual journey. The contact was via my mind's eye. More proof to me that we don't really die. Our Earth bodies die, but we move to another realm, accessed via the mind's eye, and the heart. She appeared in her Earth body shape, but the face was the most clear, the rest was kind of apparition-like. It was a positive contact. My mind always thinks after-life contact is scary, and so does my body, but my heart knows the truth. It was actually a very positive experience, because we had a positive experience in life before she died. It is the same conversation, the same personality, the same memories, just different dimensions. I sent her Reiki to assist her, and the Reiki flowed! Reiki and telepathic contact (prayer/meditation initiate this), both exist in our realm, and the other realms. They are all different vibrations of light. Light exists everywhere in the macrocosm and the microcosm.

When people pass over they only lose their bodies, everything else is intact. If they liked you in life, they like you on the other side. If they didn't like you, they still don't like you (but through forgiveness Higher Powers can intercede and protect you). That is why it is so important to make amends in life, and forgive as much as possible. You can change emotions/thoughts better on Earth. As a body, you are more than just emotions/thoughts. Without a body, that's a lot of what you are.

Death/Dying purification ritual

Say "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha," vibrating the mantra three times. Imagine Buddha floating over the crown chakra of the dying or dead person.

Imagine Buddha becoming seven Buddhas floating over their crown. From bottom to top, they are: Buddha of Signs, Sound, Gold, Glory, Ocean, Light, and Medicine.

State each Buddha name seven times and imagine them dropping nectar of purity onto the person. After stating each name seven times, the Buddha dissolves into the Buddha above. The cycle continues until all Buddhas have dissolved and the nectar of purification dissolves into the person.

Imagine Buddha extending hooks from his heart into the person's hara chakra (under belly button). The hooks pull the person into Buddha's heart. Chant the mantra another three times: "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha." This prevents them from being reborn in the lower realms. Give thanks to Buddha.

Then invoke Quan Yin, the Goddess of Compassion to spread compassion on the person. Say, "Namo Quan She Yin Pu'sa" three times. Imagine rays of love emanating from Quan Yin to the person, bathing them in the Love of God. The person is now purified. Give thanks to Quan Yin.

Note: This ritual is adapted from the original Medicine Buddha ritual found in the Medicine Buddha Reiki Manual by Stephen Comee.

Chapter 11- Personal Ascension Experiences

In the middle of difficulty lies opportunity.

- Albert Einstein

I wanted to share some of the spiritual experiences I've been having. After some contemplation, I felt it would be a spiritual service to share them here, as I know many of you are also navigating the Ascension path.

2007-2009

Some interesting things have been happening to me, since the Spring Equinox and Summer Solstice. I'll discuss with you about what happened during my Ascension experiences, since you all will at some point experience similar things, since God has decreed to me that ALL will ascend. That is the Divine Plan. How we get there, depends on our contract prior to birth, the effort we take studying the Ancient Wisdom (Dr. Joshua David Stone's books are a great start), the amount of spiritual connection we have to Divine beings, and most importantly the Universal Love and Light we share to others beyond our Families. By radiating Universal Love, you tap into Christ consciousness. Your reality is born from the union of pure thought and heart-led emotion; when these align, you manifest the 'Christed' Self, making your Spiritual Ascension a lived reality.

My first Ascension experience was in 2007, and consisted of a huge wake-up call, when I asked- "What is my purpose?" And after working with Reiki for a while, I started seeing my Higher Self more clearly.

Another Ascension experience happened in 2008, after I was working with the Reiki energies for a while, and healing others daily through the Distant Healing Network. God spontaneously attuned me to God, and I believe that was my second Ascension experience. I saw my Higher Self more clearly than I ever did before. During each Ascension experience, I have been stuck in bed, or on the sofa unable to move, because the energy was so strong.

Another Ascension experience occurred, after the Spring Equinox of 2009, a few days after I received Axiatonal Connection. I saw a bright flash on the inner planes, and felt energy crawl all over me. It was my first experience with the Monad. And the flash was my Higher Self, being burned up and replaced with the Monad. The Monad anchors like energy. First, the hands and feet anchored, and then the energy slowly crawls up the body, starting on the feet

chakras and working upward, and ending in the crown. When the energy is in the third eye, you have spiritual visions of the 5th dimension. Well, my third Ascension experience was just lots of light flooding me from above, with no visions, but I felt the Monad anchors for the first time. I realized judging others was wrong, and illusion, at this Ascension experience. After the Ascension experience, I felt my Kundalini rise in my body, and my 7 basic chakras being activated, with every thought, emotion, and reaction to situations. I realized life was a movie, and the activations were my grades.

Another Ascension experience occurred at the end of May 2009, with Monad anchors like before, but a little stronger than the anchors from before. I saw my Monad as a guide depart, not burn up, but I was told I was the Monad from now on. I saw Shamballa (you can call it Heaven), with my third eye, and started seeing myself surrounded by Ascended Masters in white robes. God notified me of Ascension at this point, and the veil was lifted, where I saw I was truly an Ascended Master Qan Dek from the Pleiades. I glimpsed myself on the inner planes with white robes. My relationship with God became more like a close friendship. I stopped judging others at this Ascension experience and realized all were me and I was them; so what I do to them is also done to me. I was notified my complete Ascension process would end on 9/9/09. I began protecting (with Reiki symbols and Archangel Michael's blue light) and blessing every person I saw with my eyes, every car on the street driving. I was here to serve all out of love.

Another Ascension experience occurred in June 2009, with even stronger Monad anchors. I heard my Monad speak to me from another dimension. The voice was not that in my mind but from somewhere above- it was my Monad. I was asked what my path would be after Ascension. I said, "To be of the greatest service to all beings and God." It was determined by God and my Monad, that I would be an Ascended Master in Earth Service temporarily to help others ascend, and to bring Love & Light to all, then I would shift to the Path of Sirius/Shamballa, for more training on the inner planes. I agreed. I received my white robes on the inner planes.

After the Ascension experience, I started accessing God abilities, with 100% faith in my ability, that everything is perfect, because I am supported by God. I was able to pray to God to stop thunderstorms temporarily, and use healing to heal all beings in the universe, simultaneously through intention. I starting passing attunements on to others, so they can be passed on as far as they could. That was my service to others. I received inner guidance to spread Loving energy to all beings, if it is for their highest good. I was notified my next Ascension experience would be on 7/7/09. I see flashes of white light sometimes, and feel energy constantly over me, since the previous Ascension experience. My chakras outside of my basic 7, are being activated spontaneously. My Ascension experience was lots of heat in my body, and I

felt like I was infinitely large, and could float.

In July 2009, I began my next Ascension experience. On 7/7/09 my Ascension experience began on the inner planes. There was a ceremony led by Sanat Kumara and I was surrounded by Ascended Masters in white robes. They stood up and clapped. I was confused on 7/7 because I didn't receive any energy in my body. God told me, that the Ascension energy filters down for a few days, and my body would receive the energy later.

On 7/9/09, I finally received the Ascension experience energies in my body, with an even stronger anchoring by my Monad. My root chakra felt like it was on fire, because of how much energy was being anchored. The energy started at my hands, then feet, then all chakras up to the third eye. I felt infinitely large, I could float even more, than the previous Ascension experience. In my third eye, I saw Sanat Kumara putting a golden scroll of wisdom in my crown, and I received the rod of power. I met my Ascension guide for the first time, a fellow Pleiadian named Qan Rahn. He was dressed in white robes, had a long white beard, and wore a jeweled golden necklace. He pointed at me, and then pointed over a hill. I walked over the hill, and saw a Golden City. It was Shamballa. The Golden Doors opened, waiting for me. The Ascended Masters in white robes surrounded me again, now I was in my white robe, and I received the same necklace Qan Rahn had. I was officially greeted as an Ascended Master on the inner planes. I was told my next Ascension experience will be swift, and occur sometime in August, around 8/8/09.

Time is so compressed now, that major Ascension experiences can be received in months, and in the next few years- weeks. Recently, I began some final energetic blessings on all beings in the universe, received if it is for their highest and greatest good, and at the time that is best for each as guided by the Higher Self, to help anchor the Golden Age. I cannot explain more about what I sent, as I am under oath from Lord Melchizedek not to disclose, to avoid interception by any remaining dark forces on Earth. What was sent is also anchored in Earth, Gaia, so you will see big changes for the better soon. Everything sent will affect humanity for the better, and you will notice some major things in the next few months, and years. It is the Divine plan, for all to return to Shamballa as swiftly as possible.

These are just tips to help you all, because I care about all of you. Almost all my spiritual missions are complete, and great changes will take place. I vow to remain in perfect service to all sentient beings in the universe, and to God; I will be by your side as Qan Dek in the future. God has declared all will ascend, so do not worry, you are loved by the Divine. Spread your skills of Love & Light to others worldwide, your heart will tell you what to do. You will swiftly reach this place I am at today, and I am only here by the Grace of God. Do all that you can, in every moment, of your day to be of service to all, and commune with God daily through prayer, meditation, and other ways. We

are here to help all our brothers and sisters, including those who are ignorant, or on the wrong path. We are the Way-showers, we show the way, and it is up to them to follow.

Before I end this letter, I wanted to leave you with a dream I had last night. I was in my garden. I went out in the morning, and all the tall abundant crops were gone. Only the weeds and some small plants remained. I was shocked. This is my subconscious sadness for leaving my Earth family in the future. I will be in service to all on Earth, and if that means I leave my body for a new one, and teleport to poor places in the world, to create food for people in need- so be it- I do what God wants. This was a message about being ready for harvest, and doing the missions God wants. Put God first always, but remember all those who you Love, and Love all of creation, from rock to plant, to animal to earthworm, to insect. Each has a purpose, and love each like yourself, because each is God, and God is you.

Please let me know about your Ascension experiences. It brings great joy to my heart, to hear about you, and how you are progressing. As God puts it, it is not a time of sadness, but a time of celebration. Know that all of you will join me in Shamballa, for God has decreed it. It is only a matter of time.

An Ascension Experience, a day by day chronology

8/8/09 The Infinity Gate

6:30 AM- I began the Ascension experience; I felt my hands and feet anchor with energy, just like when the 5th and 6th Ascension experiences happened. I felt some light anchoring in my root, sacral/navel chakra, solar plexus, heart, throat, third eye and crown. I walked through the golden doors of Shamballa again, in my mind's eye. Then, I walked past the place where my previous Ascension experience took place, then flew over Shamballa. I saw the City of Light, eternal gardens, golden dome, then landed, and Sanat Kumara was waiting for me, with his hands in the Tibetan prayer position at his heart chakra level. He was surrounded by Ascended Masters in white. After reading some Dr. Joshua David Stone books, I understand them to be the Keepers of the Will. Sanat Kumara then raised his right hand, and from God came a Golden Rod. Sanat Kumara said, "Your chakras are beginning to merge into One." He pointed the rod at each of my seven chakras, and they began to move a little bit closer. I also merged with Sanat Kumara's heart, wisdom, and will. Then, I fell asleep from all the energy. When I woke up, I asked God if I had completed the Ascension experience. God said I just began the process and I will receive several activations, ending with an amazing flooding of

White Light, and everything will be perfect for me.

10:00 PM- I continued the Ascension experience, and its activations. God told me to relax, and that everything will be perfect for me. I started to feel energy anchoring in my hands. Then, in my third eye, and entire head. My hands and head were anchored. Then my navel anchored, then my knees, and then my feet. Then, they were all anchored at the same time. I was buzzing with energy. In my mind's eye, the Cosmic Council of Twelve said I was blessed, and the Father decreed everything is perfect for me. Then I saw Sanat Kumara, and he said he was merging my chakras. I felt my chakras move a little closer. Sanat Kumara was using the Golden Rod of Ascension to do this. Then I fell asleep.

8/9/09

3:30 AM- I woke up, and felt my hands anchor again. This time, I felt my heart, and root anchor, and start to heat up. I felt my heart chakra expanding. I saw Sanat Kumara with his Rod of Initiation, surrounded by other masters in white, with their own rods. They all pointed their rods at me. My chakras were merging together, a little closer. My heart chakra was expanding. I fell asleep again.

9:00 AM- I feel an enlarged heart, third eye, and crown chakra. My heart is expanding the most. Also my crown is quite active, as it is receiving more energy.

5:00 PM- I felt tired, and I went to lie down for sleep. I asked for the Ascension experience to continue. I said "I AM the Monad I AM the Light Divine I AM Love I AM Will I AM Fixed Design" 3 times, then I said "I AM the Logos I AM the Light Divine I AM Love I AM Will I AM Fixed Design" 3 times. I started to feel anchors in my crown, third eye, throat, heart, sacral, and root chakras simultaneously. I saw Sanat Kumara in my mind's eye, surrounded by Ascended Masters. All of them had Rods of Ascension. This time, the group was much larger. According to Dr. Joshua David Stone's book Beyond Ascension, they were the Attractive Energies of Shamballa. They all surrounded me. I was dressed in a white robe, and was kneeling in the prayer position. I had a Pleiadian star necklace, with large Moldavite stone in the center. My face was golden white light. I also had golden light emanating from my 3rd eye. As they all pointed the Rods of Ascension at me, my chakras began to merge together, into one column of light. I was one column

of rainbow light, connected from the center of the Earth, directly through the Mahatma, back to the Father. I saw the rod's energy moving, through the seven seals on my chakras, breaking each of them, and transforming all separate chakras into a unified field of rainbow light. I was told by God I was free forever from rebirth, and eternal forever. I saw my Monadic light body with its radiant light, merge with my light body, and I was the radiant light body. I said I AM the perfect integration of Cosmic light, in all of my bodies…3 times. Then I said, I AM the total merger of my Monadic body, and One forever more…3 times. Then I said…I AM forever One with Shamballa…3 times. Then, in my physical body, I felt my navel, throat, heart, and crown heat up. Then I fell asleep, and woke up with movement, and increased energy in my crown.

8/10/09

8:00 PM- Felt strong energy in head and crown. I went to lie down. Felt anchors in the hands, then knees, then root, and slowly moving up through the chakras, back to crown. Similar to Kundalini rising. Saw God in my mind's eye, surrounded in white light, was lifted out of the physical body, through all levels through the Mahatma, back to God, and as my body rose, it received flaming blazes of radiant light, from each level. With each higher level, my flame and light grew infinitely larger. Felt my entire body, from navel down heat up. Felt my body being pulled up, similar to the previous Ascension experience. I said I AM the Father I AM the Light Divine I AM Love I AM Will I AM Fixed Design…3 times..then I AM the Father forevermore…3 times. I completely merged with the Father's heart, will and spirit. I saw myself become the Father, and visualized it. I saw my body's cord/ antahkarana, snapping and breaking…I heard the noises inside my head, perhaps it was a preview of what will happen in September. I heard God speaking…you are now freed of the Ego. My crown is still crawling with energy, there may be more activations still. Also my third eye is feeling much energy, and my whole head seems to be full of energy.

8/11/09 - 8/12/09

Not much as far as Ascension experiences, I think the Divine gave me a break, to adjust to everything. During this time, I made some interesting contact to higher beings.

I entered into the Reiki energy each time, with the purpose of contacting each being. I let the energy flow, until my third eye opened, and I saw the being

and received telepathic contact.

Melchior- Has a silver light body with maroon robes, also has some kind of strange maroon and gold crown. I can't describe it- kind of a cross between a sheik, and a European king. Melchior is our Galactic Logos.

Adonis- Bright gold-silver light. Could not see his robes clearly, but I believe they were blue. Adonis is the Galactic vibration of the Cosmic Heart of God. Could not see a clear face, the light was so bright.

Averann- Gold silver light body with green robes. Not as bright as Adonis. Averann had a bald head. Averann is a Galactic master watching over the Galactic evolution.

Lenduce- I enjoyed contacting Lenduce. Lenduce is a bright blue light being. The energy was strong from Lenduce. He comes from a high galactic level. Lenduce is the Monad for Sanat Kumara.

Vywamus- Again enjoyed the contact. Vywamus is the Higher Self/Soul of Sanat Kumara. He is a white-light being with white robes, short white hair and surrounded with electric-blue light. Vywamus is low Galactic level/high Solar level.

Galactic and Universal beings look less like people and more like light beings. Some examples are Lenduce (blue) and the Mahatma (rainbow colored) - both are infinitely large beings of light.

Logos of Sirius was another contact I enjoyed. Blue being with white hair and beard. Purple clothes, cannot describe the style of clothes, not really a robe, looked like clothes from the Nemesis of Flash Gordon (from the 80s movie). I believe the name of the Nemesis was Ming. Golden eyes, blue face. Logos of Sirius is the Logos over Sirius, and the University of Sirius. Since I am on the Path to Sirius, after Shamballa Earth Service, the Logos of Sirius graciously agreed to attune me to him for further contact, and also directly linked me consciously to the abilities of teleportation, precipitation (instant manifestation), levitation, and miraculous healing abilities to name a few. I have direct links to the teachers of each area, thanks to the Logos of Sirius. I will have to experiment with abilities later. He said my light quotient was high enough, after the Ascension experience, to begin to receive these blessings. His energy was strong like Lenduce's.

Logos of the Great Bear Star System- I contacted this Logos, and asked for assistance, in merging my galactic body of light, through all levels, including my physical body, and an attunement to the energies of the Logos. He looks like a White Light Cosmic being, with silver armor, with a maroon symbol on it- not sure exactly what it was- it looked like a V or something. Melchior has maroon robes, so there may be a linkage.

Galactic Melchizedek looks like the wizard Gandalf, he had grey robes on, and a long white beard. I asked for a galactic body merger, and Ascension blessing, and activation.

Felt some energy in my physical body.

Also during these 2 days I had a dream- I was in a beautiful castle in the dining room, at a long table, with violet table runners, and drinking red wine. There were others with me. In the center was an older woman, appearing in her 50s. She raised her wine glass, and we all raised for a toast. We said Thanks Charles and Death to Henry. It had some hallmarks of St. Germain, and I know I will be in St. Germain's Ashram in Shamballa, while I am in Earth Service on the inner planes, before moving onto Sirius. It was interesting, and is possibly a memory of my work already on the inner planes, while I sleep. I read about Charles. St. Germain (an Ascended Master incarnated during this time), worked as the gentleman of the chamber for a Charles X. Also Death to Henry may mean death to the Tyrant, as Henry VIII of England was a tyrant in England earlier in history, and it may have been a phrase of St. Germain's time. Remember, St. Germain helped found the United States, and he liked the French.

8/13/09

3:00 PM- I felt strong anchors in the throat chakra area, and navel chakra. Felt whole head, full of energy. Cosmic fire starting in the upper chakras.

9:30 PM- The energetic anchors began in the afternoon, but I did not have time to integrate the energy, until the evening. I went to lie down to receive the energy. First my hands anchored, then feet, then knees, then root chakra, navel chakra, elbows, my third eye felt enlarged, and was strongly expanding. My whole head felt energetic expansion. Also my root chakra, navel chakra and solar plexus, heart, throat area started to expand. I saw Master Jesus in my mind's eye, and he prepared circular spheres to enter into me, they were higher chakras, and Ascension abilities. I felt the energy expand throughout my body, and there was also much heat. I was speeding up, and spinning internally. My crown felt much energetic over lighting. I heard cracks and seals breaking, and saw my antahkarana withdrawing slowly from the body. I saw God in bright light, and I merged with God, and said Elohim repeatedly. Then, I was interrupted in my meditation by a member of my family. Hopefully, the activations will continue.

8/14/09

6:30 AM- I was still mostly asleep but felt some activations again. My hands, feet, knees, and hips (root chakra) anchored again. My third eye enlarged with energy. Energy was being beamed into my crown. I felt expansion in my chakras, and then I fell asleep. I woke up with a throbbing third eye, and energetic crown chakra.

10:00 AM- I felt the navel anchor again, and my head was filling with energy. Knew there was more to come, when I was ready.

10:00 PM- I went to lie down, and my hands, feet, knees, and entire legs filled up with energy, and anchored again. Felt heat in my legs. My mind's eye anchored, and entire head filled up with energy. Felt expansion again. Also feeling expansion on the crown, and above the ears in the head. Fell asleep.

8/14/09

10:50 PM- My crown, and head, and navel feel full of energy, and I'm sure more activations will be taking place.

8/16/09

12:00 AM- I am typing this up from my hand-written notes, and feeling total energy in my head, crown, and above the ears in the head. Also I am feeling energy in my throat and navel chakra area, so more is yet to come.

2009-2022

In September 2009 the City of Shamballa was launched to merge Heaven and Earth, and Unite Humanity as One. The video about it can be found at my YouTube channel at https://www.youtube.com/user/OnenessAndLove

During the period of 2009-2022, I went through some very difficult crucifixion experiences (divorce, loss of income, loss of family, and loss of custody of a child), where much of the reality of the outside world was crucified, in favor to the reality of the inside world. In 2022, I ended up

having to pull many of my books from distribution, due to a third-party complaint. It was an unintended Free Will violation. It was a tough time for me.

In order to understand the purpose of the hardships, I have my Past Life profile below. The purpose of the hardships, was due to my karma from a past life that needed clearing. The purpose of my current incarnation is to be Love in alignment with Free Will. This includes the total respect of the Free Will of others, and the maintaining of healthy boundaries. My purpose is also to bring others to God, through Love in action.

My Past Life profile:

You were male in your last Earthly incarnation.

You were born somewhere around the territory of modern Austria approximately in 1750.

Your profession was dramatist, director, musician, bard.

Your brief psychological profile in that past life:

You liked to travel and to meet new people, and were possibly a courier, or even an ambassador.

Lesson that your last lifetime has brought to the present:

Your lesson - to conquer jealousy and anger in yourself and then in those who will select you as their guide. You should understand that these weaknesses are caused by fear and self-regret.

During meditation, I focused on the Akashic Records, and saw my Past Life play before me. I was a musician who wore purple, who played for the King in Austria around 1750. The King was most likely Francis I. He was not happy with my musical performance, and said "You are fired!" This was in public, and the King smiled with an evil grin. I could not believe that I was fired. I rushed home, and told my wife and child. I told them I would take care of them no matter what happened. We packed our belongings swiftly, as we were leaving the cottage we lived in. We could no longer afford to stay.

I left my family while my family packed. That night, I made the fateful decision to steal gold from the King in revenge. I was furious and full of anger, as well as jealousy. That night, I was able to sneak into the vault, and load bags full of the King's gold. I put the bags in a horse-drawn carriage, and sped away. The King's guards noticed the gold was stolen, and chased my carriage in pursuit. The guards were on horseback. It was dark, and the way to leave the Castle was on a curvy mountain road. The guards nearly caught my carriage on the mountain road. I looked back to see where the guards were, and they were almost at the carriage. As I took my eyes off of the road, a carriage wheel went off of the road, and the carriage was pulled off of the mountain road, and down the cliff. The carriage, gold, and I all went over the edge, and I fell to my death.

As a result of this difficult karma, I went through a divorce from my family in Germany (which was close to the location I died in Austria), loss of income (because I stole gold in a past life), loss of family (because I stole the gold to protect my past life family), and loss of custody of a child (again because I stole for my past life family).

The purpose of the hardships was due to my karma from a past life that needed clearing, in order to ascend further into higher dimensions. The purpose of my current incarnation is to be Love in alignment with Free Will. This includes the total respect of Free Will of others, and the maintaining of healthy boundaries (no karmic stealing or invading personal space). My purpose is also to bring others to God, through Love in action.

I stayed strong through these trials and continued to be a volunteer healer for the Distant Healing Network, in order to continue to serve. Also I continue to endeavor to lift others up in person, or online in order to spark the Light within each of us. I still visualize giving much to those in need. I am Love in alignment with Free Will. I am in loving service to others.

Spirit rewarded me for my sacrifice, in order to stay the path of Love and Light in the world. In 2022, the Ascension activations began again, to spur me on to keep going.

April 2022 (Around the time of the Wesak festival)

My hands and feet anchored and I could feel my chakras activate. A Great White Light flooded me, which I believe was the integration of the Buddhic bliss body. I also heard a multi-dimensional cracking noise in my head. I believe it was the release of the mind, and entrance into using the heart in daily consciousness. Afterwards I felt complete Oneness with everything. During my daily life, as I turn inwards, I can tap into a calming bliss, which boosts my heart in daily actions. I am able to stay focused completely in the present moment, and am more empathetic, and compassionate. I received a multi-dimensional message of "We Are." Then, I began rapidly reading and integrating books of wisdom. You can find the books in the bibliography, and recommended reading sections. I believe this was my official entry into the consciousness of 5D, and consciousness of the Monad. I see all as Sparks of Divine fire, and judgment has ceased to exist.

During my reading of books of wisdom, I found a diagram that accurately explains the Buddhic level of consciousness. As One reaches the Buddhic plane of Consciousness, Oneness is Experienced. All is One. There is Unity in Diversity.

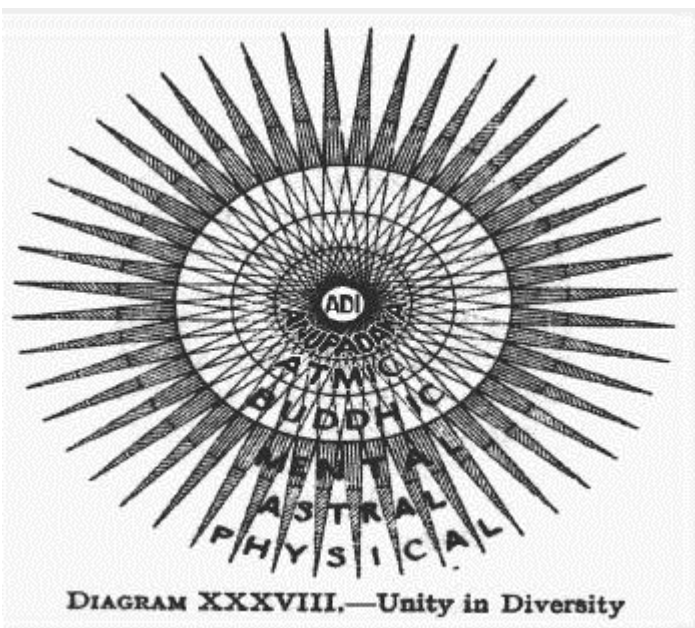


DIAGRAM XXXVIII.—Unity in Diversity

Diagram from The Causal Body and the Ego by Arthur E. Powell

Arthur E. Powell's quote from The Causal Body and the Ego explains the Buddhic Plane further.

"As a being, standing in the sun, suffused with its light, and pouring it forth, would feel no difference between ray and ray, but would pour forth along one as readily and easily as along another, so does a man on the buddhic plane feel brotherhood and pours himself into any one who needs his help. He sees all beings as himself, and feels that all he has is theirs as much as his: in many cases, more theirs than his, because their need is greater, their strength being less."

~ Arthur E. Powell

I also recommend reading The Corpus Christi - Science of the Rainbow Body by Richard Rudd, for a detailed description of the Light Bodies such as the Buddhic body.

July 2022

Another Ascension experience happened. I integrated more multi-dimensional light. I began to integrate the Atmic body of Light. Sanat Kumara pointed the Rod of Initiation at me. On the inner planes in my light body, I shook hands with Dr. Joshua David Stone, who is an Ascended Master in the Brotherhood. I see many members of the Brotherhood in White Robes with hoods on, focusing their Love and Light on Earth. Some are in Ascended Bodies of Light, while others are ascended in incarnation on Earth. I now see a unified field of Light that connects all form. I wrote the following information: This instrument (body, emotions, mind, Spirit) is God and God is this instrument (body, emotions, mind, Spirit). All is One with God. God is One with All. Adonai is Adonai. Eternal life is reborn. Total surrender to God's Will. Total surrender to God. This instrument is God. God is this instrument.

I discovered I am part of the Monadic Second Ray- The Ray of Love and Wisdom. Since these experiences, my focus has been on the Monadic consciousness. I wrote the blog post "What is Your Monadic Ray?" at https://www.cityofshamballa.net/group/Ascension-support-group/forum/topics/what-is-your-Monadic-ray

Qualities of the Second Ray of Love and Wisdom include initiative, brotherhood, cooperation, sensitive to others needs, ideal for others, generous, spiritually sympathetic, compassionate, wise energy output, loving, love despite imperfection, social servant, exemplary, For the good of the whole, spiritually intuitive, illumined, relieving the woes of others, reforming, calming, love power, universal love, aspiring to help, imbued with a sacrificial

nature, and a predisposition for detail. Those sound like my characteristics.

My focus has been getting this “resurrection” book to print and e-book in order to leave a lasting legacy on Earth. I am also working with Archangel Metatron and the Order of Melchizedek to unify group Ascension efforts. Also I plan on sharing more wisdom in videos at my YouTube channel at https://www.youtube.com/user/OnenessAndLove

God’s Will be done always.

I bow to the Divine in you, my equal brothers and sisters. May God’s Grace be upon you forever.

Chapter 12- Alpha Omega Healing Session

Father....Not my will, but yours be done.

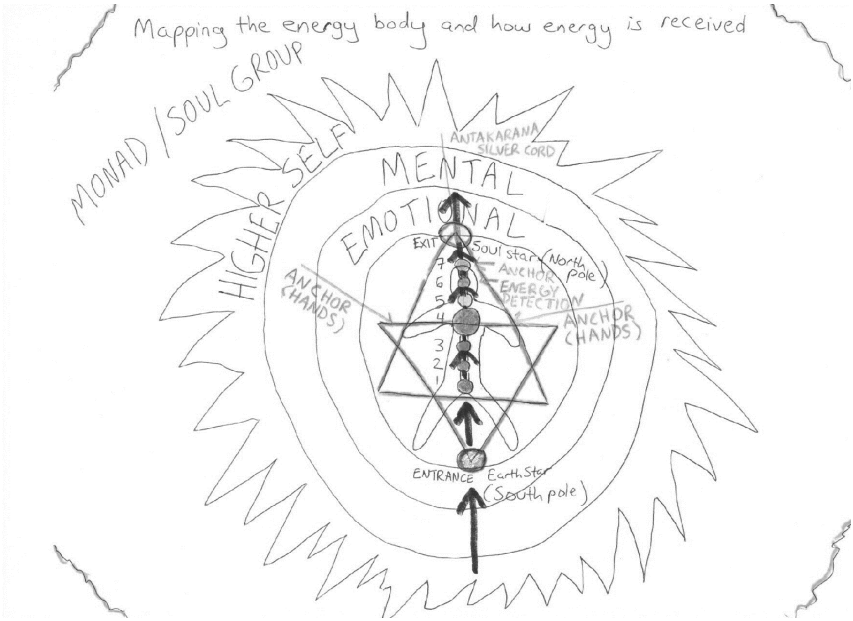
- Jesus (Luke 22:42)

Alpha Omega Healing was originally channeled by me through a blessing of Spirit. Spirit over-lighted me one evening, and provided me the tools to assist others. It is with deepest gratitude to Spirit, for the opportunity to create this healing session, and share it with an unlimited number of people, around the world.

Alpha Omega Healing is often a life-changing experience, allowing for the healing of the body, mind, and Spirit. These concretely felt energies are initiated at the start of your session, and continue working with you, long after your healing session ended. Through your participation in these sessions, you will be forever changed, operating at, and attuned to, a higher frequency than ever before.

Alpha Omega Healing can benefit everyone, whether facilitated in person one-on-one or via a distant healing. It can provide wonderful benefits for the dying, and is commonly used with animals.

Alpha Omega Healing arrives from all sides at the same time. Visualize your body inside of a sphere. The energy comes from outside of the sphere, from all directions, and enters the sphere from all directions at once. Also, visualize yourself as a set of overlapping triangles. The Star of David is an example of overlapping triangles. Visualize the Star of David, overlaid over your body. The Star of David consists of an upward pointing triangle, from above the head, to the heart, and a downward pointing triangle, from your heart, to below your feet.



Now, visualize three primary points. Visualize the three points, overlaid over your seven chakra system. The Alpha Point is over the head, then the Heart is in the center of the chest, and finally the Omega Point is below the feet. The Heart mentioned here is the Heart chakra, and is not to be confused with the heart that is a physical organ. The physical heart organ is a physical mirror of the Heart chakra. The physical heart contains electric and magnetic resonances, which are a reflection of the electric and magnetic resonances of the Heart chakra. As the physical heart pumps blood through the physical body, the spiritual Heart accepts, and receives prana/chi/life-force, from the spiritual world. The Heart chakra consists of a two-way portal. It is one of the only chakras able to transmit and receive, and it is also one of the three major points (Alpha, Omega, and Heart), that make up the Trinity of wholeness, and balance of Spirit and Earth.

Being that we live in a physical world, Spirit mixes with Earth to achieve its results. Just as a child is born through conception, so Spirit is conceived into matter, to effect change in the matter. Spirit energy arrives from the Alpha Point, and Earth energy arrives from the Omega Point, both mixing in the Heart, to achieve the balance necessary to heal. Alpha Omega energy is multi-dimensional in nature, which is why the energies arrive from all sides at once. It is not linear, and is not restricted to one single entry and exit point. It follows its path through a mix of Spirit and Earth, and flows between the three points along spiritual nerves (Nadis and Meridians), which are the link between our physical bodies and spiritual bodies, such as the Light Body and the Astral Body.

As the energy arrives, it over-lights the spiritual bodies, and then arrives at the physical body, through the Nadis and Meridians, into the nervous system. The energy flows to remove dis-ease, and attains balance throughout the physical body. As balance is achieved, the energy is received within the heart of the recipient, charging the human heart full of life force. At the same time, the energy returns to its multi-dimensional home, through the Heart chakra, back to the spiritual bodies, such as the Astral Body and Spiritual Body, and then beyond the bodies themselves, into the oneness of the sea of All That Is.

Receive Alpha Omega Healing instantly

You can call in the healing multiple times, on different days, there is no limit to the number of times you can receive healing. Just say the words again. The intent is set for anyone to receive, so you can give others the words to say, and they will be healed. Any recipient in the whole world will be healed perfectly, when they say the words. That is my intention.

The healing session will last up to one hour. You may receive the healing again following the first session. Just say the same words again on a different day. Give the words to your friends and family. They will also receive the healing. During the session, you may have changes in breathing, and various other body reactions to the energy. Understand this is normal. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it. If you fall asleep during the session, do not worry. It is normal.

Receiving the healing

Relax. Get in a quiet place where you will not be disturbed.

Say, "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

Now say again: "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

Say a third and final time: "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

You will know when the energy has done its work, and the session is complete.

Please allow up to one hour of undisturbed time to receive the energy.

NOTE If you accidentally call in the wrong attunement or healing, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Chapter 13- Alpha Omega Healer Activation

No act of kindness, no matter how small, is ever wasted.

- Aesop

This is a basic activation of your hands to allow you to heal yourself and others with Alpha Omega Healing energy.

First, please receive at least two Alpha Omega Healing sessions. The sessions are in Chapter 12. This will allow you to adjust to the new energies.

Then, you may receive the basic activation. This will allow you to heal yourself and others. To receive the activation, get in a quiet place, where you will not be disturbed, for up to one hour.

When you are ready to receive the activation say (mentally or out loud), "I am now ready to receive the Alpha Omega Healer activation attunement prepared for me by Chris Comish."

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

You will feel your hands being activated during the attunement. Please remember to rest and drink water, following the attunement, to help you integrate the energies. You may receive this activation again, when you want, by calling it in again.

During Alpha Omega Healing, it is important not to know what is wrong with an individual, before doing a healing on them, as your mind will most likely try, to consciously or subconsciously, influence the energy, because you may be so determined of the outcome, that your ego may get in the way. It is best to step aside, and let the energy do the work, it knows exactly where to go, and when, and it does so in the order of importance. Healers are channels of the energy, not guides for the energy.

The following sections are methods to heal yourself and others, but they are not the only methods. Use them as guides only. There are infinite possibilities and methods. Be creative and explore the energies.

Prepare in person healing of others

When working with Alpha Omega Healing on others, it's important to relax the shoulders, and open your hands, fingers wide open, stretch them out, and it should feel natural and comfortable, as it affects the energy.

Intend that ( ) be healed, and receives the Alpha Omega Healing energies perfectly, for one hour, regardless of how long the healing is prepared.

Be aware that your intention is to enter into the Alpha Omega Healing energy, for the purpose of healing ( ), and acknowledge it. Intend to bring wholeness to their bodies. Say out loud or mentally, "Alpha Omega Healing on!"

Allow the energy to enter your hands. Feel it getting stronger.

Place the recipient of the healing session between your hands. Beam the energy into the recipient. Let your hands guide you, where to place them over the recipient's body. You do not need to touch the recipient. Feel their essence and their energy field. Let your hands guide you, and pull out, and stretch out, any sticky, or tingly feelings, in their energy field, and balance, and harmonize their field. It is important to have no expectations of the outcome. The energy will flow from your hands, into them. When you feel the energy stop, the session is complete.

Prepare distant healing of others

When working with Alpha Omega Healing on others, it's important to relax the shoulders and open hands, fingers wide open, stretch them out, and it should feel natural and comfortable, as it affects the energy.

Intend that ( ) be healed, and receives the Alpha Omega Healing energies perfectly, for one hour, regardless of how long the healing is prepared.

Be aware that your intention is to enter into the Alpha Omega Healing energy, for the purpose of healing ( ), and acknowledge it. Intend to bring wholeness to their bodies. Say out loud or mentally, "Alpha Omega Healing on!"

Sense the Higher Self of the person with you. Sense the Higher Self of the person, lying down on a table in front of you (they can be full body size, or as small as only 2 feet long/61 cm). Intend that this is ( ).

Allow the energy to enter your hands. Feel it getting stronger.

Place the Higher Self of the recipient of the healing session between your hands. Beam the energy into the recipient's Higher Self. Let your hands guide you where to place them, over the recipient's Higher Self. Float your hands over their Higher Self. Feel their essence and their energy field. Let your hands guide you, and pull out, and stretch out, any sticky, or tingly feelings, in

their energy field, and balance, and harmonize their field. It is important to have no expectations of the outcome. The energy will flow from your hands, into their Higher Self, which in turn, flows into their physical body, wherever they are in the world. When you feel the energy stop, the session is complete.

Prepare self-healing

Intend that you be healed and receive the Alpha Omega Healing energies perfectly, for one hour, regardless of how long the healing is prepared.

Be aware that your intention is to enter into the Alpha Omega Healing energy, for the purpose of healing yourself, and acknowledge it. Intend to bring wholeness to your bodies. It is important to have no expectations of the outcome. Say out loud or mentally, "Alpha Omega Healing on!"

Allow the energy to enter your hands. Feel it getting stronger.

Place your hands over the place that needs healing. Beam the energy into yourself. When you feel the energy stop, the session is complete.

Chapter 14- Collection of Ascension Topics

I have been all things unholy. If God can work through me, He can work through anyone.

- St Francis of Assisi

This is a collection of blogs related to Ascension from my blog at https://ccomish.blogspot.com/

They are jewels of wisdom that the reader may enjoy.

Saturday January 1, 2011

Brightest blessings for the New Year

Dear Beloved Love/Light Beings,

May you all be blessed with a 2011 full of unlimited love, unlimited light, infinite and eternal blessings, the direct path to All That Is, and the meeting of the Creator in Oneness and Love. As we are well into the Definition, as the Awakening as One trilogy suggests, know that this illusion is illusion which constantly changes and Earth things are born and die every day. But your Love carries on. While things may fall apart around you, the smile and the kind words and other gifts you give universally to all during the chaos will be your stability and support. What you give shall always return to you, maybe not today or tomorrow, but it will return. It never fails. The universe always balances itself.

As you create in your reality, you send out a ripple. The ripple goes around, and then comes right back to you, with greater force. The faith in the Creator's Love, regardless of circumstance, and gratitude for the Love you receive, will strengthen you. The challenges which appear to be your whole reality (or should I say 3D illusion) falling apart, are actually opportunities for growth and transformation, bringing you closer to 4th density and 5D and beyond. Be thankful for the opportunities to be of service. Providing Love to all beings in service to all, is your direct path through the fog of this illusion, and what will

support you as you transition from third density, to fourth density, and beyond.

Thank you for being All That Is for all of us. You are each infinite sparks of All That Is, and Infinite Loving Beings, acting in a Free Will, veiled mind, and physical illusion play, to gather additional experience for the Creator, and you are loved for all the service you provide to all beings, which provides service to the Creator in return. See the Creator in others, and you will see the Creator in yourself, and then you will serve and be whole again.

Blessings to all,

Chris (aka Qan Melchizedek)

Saturday, October 16, 2010

Stepping into Purity

A year ago, there was a vision. I was entering Golden Gates into a white light heavenly place. There were great numbers of white and purple robed beings, all standing and clapping as I entered. A celebration had begun. I recognized this as Shamballa. It was a place of joy and purity.

I longed to experience the moment again.

Recently, exactly one year and one month following the vision, I was working in my day job, and created many awards for volunteers in my organization, for all the sacrifices and selfless service they provided to support each other through hard times. It was natural to create the awards, because it was an act of loving service. After all 22 people were recognized at the awards presentation, suddenly surprising me, and quite unexpectedly, my boss turned around, and said it was my idea to create the awards, and provide the awards to the volunteers. I am a humble person, and naturally love helping others behind the scenes. This was very surprising to me. Suddenly, the group stood and clapped all around me, thanking me for everything. I was so shocked and didn't know what to say except...."Thank you. You all are great."

Suddenly, I recognized this image of the audience in my 3D experience, matched the 5D view I had a year earlier on the inner planes. The location was Earth and not Shamballa, but the group's actions were the same.

What does this mean? Is Heaven here on Earth now, some just haven't "realized" it? Is this a sign that 5D is merging and manifesting within 3D

now? Has anyone else had experiences in waking life, that matched visions from the inner planes/other dimensions viewed earlier?

This felt as a completion moment for me, and thanks go to All That Is for every opportunity to be of Great Universal Loving Service to All Beings.

Thursday, September 2, 2010

Healing, Energy, Ascension, Chakras, the Ego and Unconditional Love

Spiritual healing is not needed for Ascension, but it does help clear the path for Ascension by removing blockages between the body, mind and spirit.

Energy work brings the imbalances, the karmic knots, to awareness.

At first, egos are suppressed. As one continues on the path of unconditional loving service, the egos lose grip more and more, and eventually rarely need suppression, because they no longer are heard. Ego still exists (I do encounter ego sometimes still), because it is a part of the mind while in incarnation. But when the focus continues to be of service to all beings because all are Sparks of Light, the ego can't be heard. Ego is related to separation, individual differences. When you see through the eyes of collective Unity and the Spirit in all, the perspective shifts away from the ego. Gratitude for Blessings, Faith, and Unconditional Universal Loving Service...these are keys to focus on.

The focus is not the ego then. As you focus more on Love and balance the chakras doing it…Have Love for the roots to supply nourishment for your loving service, Love for relationships to affect more people with your service, Love for the will to burn through lack of motivation and enter active loving service, Love for all beings including yourself- just how you are, Love for being a divine expression and speaking the truth, Love for divine inspiration and all dimensions and densities, and finally Love for all and yourself, as a whole being of the Creator, loving all of the Creator's creation, because we are all One...this focus allows for more Love and Light, and automatically begins initiations (infusions of more Light), leading to wholeness.

Ascension is the balance of all 6 chakras, thus activating the 7th crown chakra to the level the Creator has established for 4th density of Love and Understanding. All chakras activated in perfect unison/unity makes the whole in unity.

The goal through all external separative factors, is to see the Love/Light in all of Creation. It does exist, for some it is just lost. Some are not aware of it. All have it. When you see others as Spirit within, you easily enjoy serving their

Spirit which is your Spirit and the Creator's Spirit- we are all One. When the external environment is difficult, and full of fear, judgment, separation- find the Love within you- embrace it, fill your chalice as some would say, use that to recharge your heart, and continue to give from the heart (and respect Free Will- ask first if it is ok to help).

Yesterday, I was driving home and saw two people walking from the food store, back to their buildings. They were burdened with groceries. I opened my car window, and asked if they wanted a ride to their buildings. I was going to drive that way anyway. They said yes and were thankful.

Today, I was blessed with a job interview for a promotion at work. If I am offered the position, it would be great to keep serving others, and keep the roots growing (which makes a bigger tree, and more light for the crown if one is balanced). I did the interview preparation work, and prayed to Archangel Michael for protection for my highest good. Do all that you can physically, and then pray- balance. Saw license plate AA M 7895 on the way home. Good confirmation of protection. Also saw a smile in the clouds as the masters watched me.

Today I saved a slow car, which pulled out in front of a very fast one, on the Autobahn. The fast car apparently didn't see the other car. I visually put the Cho Ku Rei symbol on both vehicles, and surrounded each with a blue pillar of protective fire, and then called to Archangel Michael for protection. They almost hit each other at 140 kph (70 mph), but...they didn't. Thanks to Archangel Michael and Love and Light.

Was grateful today to the Creator for the opportunity to be in incarnation, to serve others in Love and Light.

May you all be blessed.

Tuesday, August 17, 2010

Some thoughts

First, I wanted to share today actions performed in service, which helped reinforce the Law of One. Someone was driving around with a car license plate half off. They needed screws. I had extra screws in my wallet, from when I changed license plates a while back. I asked him if he would like screws (Free Will), and he said yes, he would love some. I provided him free screws, and it felt good to give. I described to him how the license plate gets re-attached. This was an act of Love. Both Free Will and Love in harmonic balance.

Later today, there was a speed camera zone (a speed trap), set up. I warned drivers by flashing my lights, before they entered the zone, saving them a big ticket. Another act of Love. Free Will was assumed here, as it was an emergency situation, where I could not ask. The same would go with healing a person in a coma (although I would ask the person's Higher Self first).

I saw them as the other self, and I saw them as me. We were together in it, and it was easy to give to the other self which was myself. Also, I decided to donate to bring4th.org the other day, and was instantly paid back the money spent when Lulu's sales came in. What I gave, instantly returned. The balance of the universe. The same thing happened the other day when I gave to one family member via a money transfer, I got the same money back from another family member via the mail without asking- the same day!

Okay now my wisdom thoughts (Law of One):

The Law of One has 3 basic tenets: Unity/Oneness with Creation, Respect of Free Will, and Unconditional Universal Love.

Some more additions: Being accepting (saying thank you, happy to receive, happiness with what you have, happiness with who you are) and being generous (happy to give, happy to share, happy to be of service) attracts abundance.

Stay balanced in all bodies and all planes: If your car needs repair, fix it (work on the physical plane because it keeps your root chakra unblocked, so more energy can flow from root back up to all chakras- think of the trees blog I posted). If you are sad/depressed/angry, work on your emotions. Find the inner child. Love the inner child. Be forgiving of yourself and of others. You unblock the root, sacral, solar plexus, and heart this way.

No one chakra is more important, but to get the fruit harvest, you need to have a strong tree, so each step of the way is important.

Prayer and Faith- Commune with God/Creator. Have faith you are 100% protected and loved. Pray for blessings. Be grateful for blessings. Keep the love circuit going.

Devotion to Service to Others Polarity- Vow to the Creator. Devote to the Creator. Offer to the Creator yourself as an Instrument of the Creator's Will. You are a vessel of the Creator. All things are possible when you believe.

Perseverance/Will/Focus/Attention to Detail- Walk the narrow path and you will receive what you walk in return, blessings you earned.

Saturday, August 14, 2010

Metatron is my master guide

Did I ever tell you my 5D Master is Saint Germain or Master Kuthumi (I have awareness), my 6D Master is the Lord of Sirius and Lord of Pleiades in the University of Sirius and Pleaides (I have less awareness), my 7D Master is Lord Melchizedek (even less awareness), my 8D Master is the Cosmic Council of 12/Mahatma (only fragments of knowledge), and my 9D Master is Archangel Metatron (even less fragments). The veil is keeping me mostly between 6D (Ra level), and 7D (Melchizedek level) right now. On very occasional moments do I pierce the veil higher than 7D, usually at initiations.

But anyway, Metatron is one of the paths I take toward the Creator, and I am certain Enoch/Metatron is over-lighting me, which would explain the mix of writing, wisdom and magic.

http://en.wikipedia.org/wiki/Enoch

Metatron is also mentioned in the Pseudepigrapha, most prominently in the Hebrew/Merkabah Book of Enoch, also called 3 Enoch or Sefer Hekhalot (Book of [the Heavenly] Palaces). The book describes the link between Enoch, son of Jared (great grandfather of Noah), and his transformation into the Angel Metatron.

Friday, August 13, 2010

The Meaning of Numbers

My interpretation:

1111 opening of a new portal

2222 middle of the process in a portal, ascension mastery

3333 trinity

4444 resurrection/rebirth

5555 Christ consciousness

6666 focus on the physical plane

7777 integration of mind/body/spirit

8888 infinity

9999 completion / divinity

1010 creation

1212 completion of a portal

Story about a Hitchhiker

Picked up a hitchhiker today. Drove by the harmless old man the first time, as I gave into fear, and remembered movie-formed beliefs of hitchhikers carrying guns and carjacking. Then realized I wasn't driving near the prison, I was driving between two villages. The man was walking with a shopping bag with farmer fields in the background. So, I prayed to Archangel Michael for protection, and decided to lean on faith, exercising the Law of One, as I imagined myself walking with resentment another 3 km as cars passed by.

Giving into faith and accepting him as One with me, I turned around and picked him up, and dropped him off in the town I was headed to anyway. He only wanted to go to the store, and didn't have a car. Poor guy walked 3 km, and had another 3 km to the next town. No one picked him up, because they were not aware, or they were stuck in their own self, or they gave into fear formed by beliefs formed from movies, TV, and childhood. Ask and ye shall receive. It was a subtle test (they almost always are), but it brought me satisfaction, that I was loving, and was faithful to the Law of One, and had faith in the Creator's Love, and was able to help the other self in the time of need.

Life's Lessons

Anger and resentment are two of my lessons in life. Anger was caused by a lack of faith, and resentment caused by a lack of satisfaction. Faith and Satisfaction (acceptance) open the inner heart, and open the flow of energy to the upper chakras.

Anger is a disturbance that often sparks due to discomfort. It comes from feeling un-grounded and off-center. It comes from an overwhelming imbalance. Anger is a form of emotional communication, an energy that is powerful, but is best channeled into pursuits involving energy, such as sports, dancing, music, etc. Anger is caused by an imbalance of the root chakra, sometimes sacral chakra. It is an instinctual survival response (root chakra). Or, it may be sparked by relationships with others, or our relationship with

our self (sacral chakra).

The solution to anger is to find the heart, listen to the heart, express from the heart, and Love dissolves anger. To listen to the heart, one has to know they are not alone. One finds faith. Faith that you are protected and that you are loved always. Faith opens the heart, which unifies and dissolves first and second chakra blockages. The energy that was translated into anger by the lower chakras still remains, and that is best transmuted into physical activity, to heal the physical imbalance, and music to heal the emotional imbalance.

Friday, August 13, 2010

We are like Trees

Some guidance about 'evolution' and 'Ascension'.

We are like trees as my friend Alvin once told me and Carla Rueckert's book confirmed. Our roots need nourishment and then we expand.

Now think of chakras- the Earth feeds nourishment/energy to the root, which feeds to the second sacral chakra of relationships (the stem/leaves), which feeds to the third chakra of will (the flower bud), which feeds the flower of the heart (love- flower opening), which feeds the throat of expression (the beginning of fruit), which feeds the third eye (the fruit growing), and which feeds the unity of the crown (the fruit is ready for harvest from the tree).

Each chakra, each need of each chakra is important. Not one more than the other. Each step of the way is needed for perfection. To get the most fruit from a tree you need big roots, big stems, lots of flowers, and thus lots of healthy fruit. Keep focus on all the chakras. Your basic needs of the body are as important as meditation. The law of the universe is balance. Balance Free Will, Universal Love, and Unity of all creation, and you have just witnessed the Creator within you.

Balance the flow of energy and nourishment throughout each chakra, and you will feel the harvest approaching.

Vow to the Creator

I have decided to take an even narrower path, or focus of consciousness:

Last night I made a vow to the Creator that I would stay in Service to Others

despite the catalyst.

A re-affirming of focus and creation.

This vow is a personal vow to the Creator. It comes from your heart. All I ask is that each of you (due to Free Will), when the time is right and when you wish, also make personal vows to the Creator to be of Service to Others despite the catalyst (a catalyst may be generally summarized as a testing of your devotion to the Law of One).

Remember this quote as you encounter situations in life that test you- "In the middle of difficulty lies opportunity." ~Albert Einstein

Our future appears to me from my perspective, as a forming of groups on the physical plane, merging with the counterparts of the astral/inner planes, and forming an alliance expressing the Law of One through all space and time, and time and space. The unification of the whole.

Wisdom from Betty Eadie

All people as spirits in the pre-mortal world took part in the creation of the Earth. We were thrilled to be part of it. We were with God, and we knew that he created us, that we were his very own children. He was pleased with our development and was filled with absolute love for each one of us. Also, Jesus Christ was there. I understood, to my surprise, that Jesus was a separate being from God, with his own divine purpose, and I knew that God was our mutual Father.

My Protestant upbringing had taught me that God the Father and Jesus Christ were one being. As we all assembled, the Father explained that coming to Earth for a time would further our spiritual growth. Each spirit who was to come to Earth assisted in planning the conditions on Earth, including the laws of mortality which would govern us. These included the laws of physics as we know them, the limitations of our bodies, and spiritual powers that we would be able to access. We assisted God in the development of plants and animal life that would be here. Everything was created of spirit matter before it was created physically - solar systems, suns, moons, stars, planets, life upon the planets, mountains, rivers, seas, etc.

I saw this process, and then, to further understand it, I was told by the Savior that the spirit creation could be compared to one of our photographic prints; the spirit creation would be like a sharp, brilliant print, and the Earth would be like its dark negative. This Earth is only a shadow of the beauty and glory of its spirit creation, but it is what we needed for our growth. It was important that I understand that we all assisted in creating our conditions here.

Many times the creative thoughts we have in this life are the result of unseen inspiration. Many of our important inventions and even technological developments were first created in the spirit by spirit prodigies. Then individuals on Earth received the inspiration to create these inventions here. I understood that there is a vital, dynamic link between the spirit world and mortality, and that we need the spirits on the other side for our progression. I also saw that they are very happy to assist us in any way they can.

I saw that in the pre-mortal world we knew about and even chose our missions in life. I understood that our stations in life are based upon the objectives of those missions. Through divine knowledge we knew what many of our tests and experiences would be, and we prepared accordingly. We bonded with others - family members and friends - to help us complete our missions. We needed their help.

We came as volunteers, each eager to learn and experience all that God had created for us. I knew that each of us who made the decision to come here was a valiant spirit. Even the least developed among us here was strong and valiant there. We were given agency to act for ourselves here. Our own actions determine the course of our lives, and we can alter or redirect our lives at any time. I understood that this was crucial; God made the promise that he wouldn't intervene in our lives unless we asked him. And then through his omniscient knowledge he would help us attain our righteous desires. We were grateful for this ability to express our free will and to exercise its power. This would allow each of us to obtain great joy or to choose that which will bring us sadness. The choice would be ours through our decisions.

I was actually relieved to find that the Earth is not our natural home, that we did not originate here. I was gratified to see that the Earth is only a temporary place for our schooling and that sin is not our true nature. Spiritually, we are at various degrees of light - which is knowledge - and because of our divine, spiritual nature we are filled with the desire to do good.

Our earthly selves, however, are constantly in opposition to our spirits. I saw how weak the flesh is. But it is persistent. Although our spirit bodies are full of light, truth, and love, they must battle constantly to overcome the flesh, and this strengthens them. Those who are truly developed will find a perfect harmony between their flesh and spirits, a harmony that will bless them with peace and give them the ability to help others.

As we learn to abide by the laws of this creation, we learn how to use those laws to our own good. We learn how to live in harmony with the creative powers around us. God has given us individual talents, some more and some less according to our needs. As we use these talents, we learn how to work with and eventually understand, the laws and overcome the limitations of this life. By understanding these laws we are better able to serve those around us.

Whatever we become here in mortality is meaningless unless it is done for the benefit of others. Our gifts and talents are given to us to help us serve. And in serving others we grow spiritually.

Above all, I was shown that love is supreme. I saw that truly without love we are nothing. We are here to help each other, to care for each other, to understand, forgive, and serve one another. We are here to have love for every person born on Earth. Their earthly form might be black, yellow, brown, handsome, ugly, thin, fat, wealthy, poor, intelligent, or ignorant, but we are not to judge by these appearances. Each spirit has the capacity to be filled with love and eternal energy. At the beginning, each possesses some degree of light and truth that can be more fully developed. We cannot measure these things. Only God knows the heart of man, and only God can judge perfectly. He knows our spirits; we see only temporary strengths and weaknesses. Because of our own limitations, we can seldom look into the heart of man.

I knew that anything we do to show love is worthwhile: a smile, a word of encouragement, a small act of sacrifice. We grow by these actions. Not all people are lovable, but when we find someone difficult for us to love, it is often because they remind us of something within ourselves that we don't like. I learned that we must love our enemies - let go of anger, hate, envy, bitterness, and the refusal to forgive. These things destroy the spirit. We will have to account for how we treat others.

~ Betty Eadie

There is power in our thoughts. We create our own surroundings by the thoughts we think. Physically, this may take a period of time, but spiritually it is instantaneous. If we understood the power of our thoughts, we would guard them more closely. If we understood the awesome power of our words, we would prefer silence to almost anything negative. In our thoughts and words we create our own weaknesses and our own strengths. Our limitations and joys begin in our hearts.

~ Betty Eadie

During my experience, I learned that there are two parts to every person. They can be described in various ways: male and female, intellectual and emotional, protective and nurturing, right brain and left brain. Often we go through life being one way or the other, but we can learn to balance both parts. Being off balance, too far one way or the other, keeps the spirit away from where it needs to be to achieve its greatest growth.

~ Betty Eadie

Source: https://www.near-death.com

Chapter 15- The Energy Bodies

There is neither Past nor Future. There is only the Present.

- Sri Ramana Maharshi

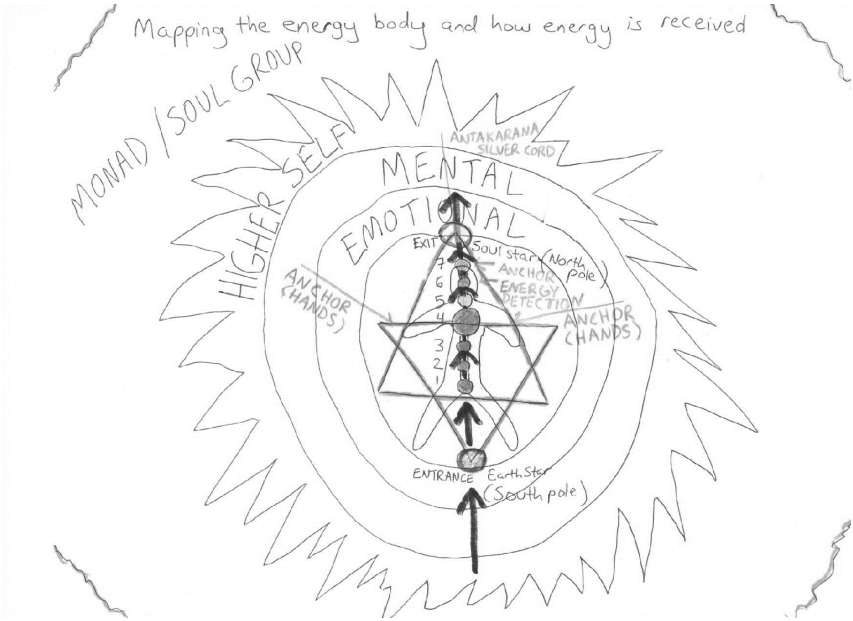
The Energy Body and The Law of One (script of video posted on YouTube at https://www.youtube.com/user/OnenessAndLove).

Namaste. Greetings. Bless you all.

I'm Chris Comish, also known as Qan Dek on the inner planes. Qan means Compassionate One. Dek is short for Melchizedek- which is the Order of Unity, the servants of the Creator, and the servants of the Law of One. I was given this name as I passed through an Ascension portal, and given my spiritual mission of awakening others through acts of universal love and promoting spiritual understanding of the Law of One. This video is my perspective on The Energy Body. You are advised to use this information with discernment, if something does not resonate with you, simply leave it behind. You are free to accept the information that you wish to accept.

After receiving various attunements to Reiki and other energy systems, I have decided to share how energy is received. This discussion is about the process how I received energy, and may vary for you. But there is enough data for me to map out the energy body and archive this information for others to learn from my experiences.

I will now include a picture that I have drawn by hand.



I invite you all to read a book called Living the Law of One: 101- The Choice by Carla Rueckert. It is available on the website http://www.bring4th.org. It was the first book that I have found to confirm the experiences I was having. I highly recommend it.

Spiritual energy is energy that is received, from what many call the inner planes. As there is an outside world of physical form you see with your physical eyes, there is a counterpart to the world of form, a metaphysical world of etheric densities that is able to be seen with the third eye, or inner eye, or mind's eye. The physical universe contains the Milky Way galaxy, which contains our Sun and the solar system, and Earth and our physical bodies. However, there is also an etheric universe that contains the spiritual version of the universe, galaxy, Sun, solar system, Earth, and our light body or energy body or astral body, the etheric body we all possess in addition to our physical bodies.

As energy sourced from the physical universe, steps down in power, to source the energy of the galaxy, and then the Sun, and then the Earth, it bathes our bodies with the perfect amount of sunlight needed to maintain physical existence. It is a perfect balance of physical sunlight and the elements of earth, fire, air, and water that create our physical existence.

The same thinking can be applied to our spiritual existence. The Creator, which represents the etheric universe, sends Spiritual Light stepped down through the spiritual galaxy, represented by Melchior and the Galactic Council, stepped down through the spiritual Sun, or Solar Logoi Helios and

Vesta, to Sanat Kumara, The Logos of the Earth, then from the spiritual Earth, stepped down in intensity, to our energy bodies or light bodies.

Our physical organs have spiritual counterparts. Our heart has a spiritual heart known as the heart chakra. Our physical eyes have a counterpart, known as the mind's eye or third eye. Our physical ears have counterparts, known as translation devices above each physical ear, on the side of the head. Our translation devices can hear from the spiritual realms. Our mind's eye opens with an influx of spiritual light (opened through meditation, prayer and other spiritual practice), and we can see into the etheric world, dimensions and densities beyond our own. We have physical nerves and a spinal cord and column. We also have meridians, axiatonal lines and a silver cord/ antahkarana. Each organ has a counterpart. The counterparts of the solar plexus chakra are the stomach, liver, and kidneys. The counterpart of the sacral chakra is the digestive system. The root chakra is found at the base of the spine. The spinal column's spiritual counterpart is the Kundalini energy. The throat has a counterpart known as the throat chakra. The crown chakra has the physical counterpart of the bald spot on the back of the head, where the hair meets the scalp.

We are designed to exist in two worlds, both physical and spiritual, at the same time. The physical world feeds off of food and water. The spiritual world feeds off of sound, color, and vibration. The physical brain controls the thinking and creative centers of the conscious brain, while the emotions and thoughts of the unconscious brain are stored in the fields of the light body. Your memories are stored in the fields of the light body, while the conscious brain only stores facts and data needed to solve problems and analyze. That is why when you dream you have such vivid dreams. Because your dreams draw upon your light bodies to process information. Your conscious mind and brain are for the most part asleep during this time.

There are disconnects between the physical body and the light body. These are the areas where the physical body and the spiritual body used to work together, but due to the fall of humankind ceased to function. They are known by some as seals. When I perform the Axiatonal Lines Connection, I use the techniques from the Whole Self attunement manual. Within the manual are the locations of the seals over the seven chakras. The manual also describes how the seals are broken. By implementing these techniques, the Axiatonal Lines Connection allows for the full connection to the seven chakras once again.

Looking at the picture I have drawn you see that humans have larger spiritual bodies. They are fed by our chakra system, our spiritual senses. As we develop the spiritual senses, we expand our abilities. We are able to be clairvoyant, clairaudient, clairsentient, and have many other abilities. We are able to draw upon our extra spiritual organs for a more conscious and

meaningful existence. The goal of our existence is to bring the awareness and ability of the spiritual body into our physical experience. We are here to serve others and the Creator. We are here to be balanced, full of love, respectful of free will, and unified in our natural state. These things expand the light body. Doing these things allows for the influx of spiritual light to be received, and on occasion, felt, as the energy rises through the feet, up the chakras, and out the crown. Our spiritual triangles, our merkabahs, our male and female spiritual balancers of duality, spin perfectly, freeing us of the world of choice, and entering us into the world of love and understanding.

As we approach the winter solstice of 2012, our spiritual bodies are beginning to wake up and expand our experience in this incarnation. The world is becoming more joyous and compassionate. The pain and fear experienced during the fall and the dimming of energy centers are forgotten. We are destined to return to zero point- the state of infinity and bliss.

Service to others allows this influx of energy to happen, allowing the rise of the energy, through the rise of the kundalini, from the base of the spine out the crown. Service to self, on the other hand dims the energy. It absorbs it. Forgive your brothers and sisters who have fallen into service to self. It is their choice, but they are not aware. They are not aware, that service to self means the universe will not give back to them. They constrict the flow of energy and what goes around will come around in their experiences. As a guide, due to the law of free will, you cannot force anyone to take a certain path, even if you see misery down the road for others. But you are able to sow the seeds of love through your actions. Those in service to self or the fence sitters, who haven't decided their path, can only watch you perform actions of love. But as they watch the hardness of selfishness crumble, the spiritual light within each begins to shine. As the Creator has informed me, all will ascend to the vibration of love and understanding, it is only a matter of time. Do your best to help others, and that choice of love will ripple through the cosmos, unifying the separated fragments, and strengthening you and others.

If you would like further reading I recommend reading Living the Law of One: 101- The Choice by Carla Rueckert.

May you all be blessed and the path of Light be spread as far as infinity.

Namaste.

More about the Energy Body

This is in reference to the video The Energy Body and the Law of One.

Energy travels from the feet (negative pole), through the kundalini channel,

and out the crown (positive pole). Energy moves in a spiral vortex motion as it flows through the chakras. If you are transmitting or receiving information to/from the inner planes, you may feel a vortex motion at the ears (minor chakras) or at the third eye/mind's eye. Additionally the crown is sometimes bathed in spiritual light, and it prickles as energy movement is felt. The mind's eye and above/near the ears throb due to the energy as well. A physical Earth counterpart of the energy you receive, can be likened to the northern or southern lights (energy bathing), and earthquakes/volcanoes (kundalini rise and flow of energy). I have noticed that energy bathing happens when light is not completely grounded. Energy grounds in the hands and feet, enters the feet, and flows upward when it is fully grounded. Our energy bodies are designed to take in only what we need.

Our energy bodies may store ungrounded energy from spiritual showers/ bathing in our fields, until we have reached a level of purity for manifestation of the light packets on Earth. At that point the energy enters the feet and flows through the chakras. It is interesting that our upper chakras (crown, third eye, and throat) can detect energy from the inner planes, even when it has not entered our body, but exists in our fields. The lower chakras cannot detect the energy until it has entered our body. The heart chakra is the main attractor of energy outside our bodies from the inner planes. If the heart is enlarging, the energy is attracted to our fields, and we feel energy close to us via our upper chakras. If the heart has reached a level of purity, the energy will enter the feet, cleanse the lower chakras, enlarge the heart chakra further, and cleanse the upper chakras. As spiritual light enters, it brings the purity of your Soul/ Monad. The more pure your chakras are due to the influx of light, the more your crown opens like a flower, and the more whole you become.

You may ask, why we don't receive the energy all at once? Think about the Sun and sunlight. Too much Sun would burn everything up without grounding/integration of sunlight. But gradual sunlight will heat up everything slowly, without causing damage to the body (to a point), and allow for integration of sunlight. Kind of like the difference between a tan and a sunburn. The same is with light and your bodies (physical and etheric). As above, so below.

Update 8/10/10

I just read a fascinating chapter from Carla Rueckert's book- Living the Law of One 101: The Choice. It is about how the chakras exist, in both the outer world and inner planes. The lower chakras (root, sacral, solar plexus) are related to our mind and body, and functioning in our physical world, and they are found in our space/time. The heart chakra has an outer and inner

"courtyard." The outer courtyard (space/time) is related to the physical world, and being loving in the physical world. The inner courtyard (time/space) of the heart chakra, is related to loving unconditionally, and deeply loving yourself, and forgiving yourself and others. It is related to facing your shadow side, and giving it unconditional love. It is overcoming judging, and being accepting. The inner courtyard of the heart chakra, is connected to the inner planes (time/space). So the heart chakra exists in both the outer (space/time) and inner worlds (time/space). It is the gateway to the upper chakras and the inner planes, the world of intuition and spirit. The throat, mind's eye/third eye, and crown chakra are the upper chakras, and relate to the inner planes (time/space). They are accessed through Spirit, intuition, and the gate of the inner heart. This would explain, why energy is received in the body first in the lower chakras (space/time), but first felt through the upper chakras (time/space), since the energy is coming from the inner planes (time/space), and manifesting into the outer physical world (space/time).

August 2022

I also recommend reading The Corpus Christi - Science of the Rainbow Body by Richard Rudd, for a detailed description of the Light Bodies.

Chapter 16- Wisdom- Steps to finding the Divine within

Gratitude is the sign of noble souls.

- Aesop

Pray to the Divine, have faith in the Divine.

Connect with the Divine (Meditation/Solfeggio frequencies/attunements/ healing etc.).

See the Divine using Higher Sight via the third eye chakra.

Communicate with the Divine telepathically.

Look for clues the Divine leaves- numbers, lyrics of songs etc.

Surround yourself with Loving music and TV (romance/comedy are good). This raises the vibration of your emotional body and subconscious.

Surround yourself with Loving people.

Be brave to lift a negative person up, by helping them find Love (in alignment with free will). This lifts the vibration of the collective.

Have right thought/mind, right words, and right action.

Keep healthy boundaries. Respect another and respect self.

Reciprocate- Give Love and Receive Love.

Every day have an affirmation- Today is a great day, all is perfect, all is well, all will be well, Today I am happy, Today I make others happy- This heals the mental body and the subconscious.

Be love to self and others (forgive self and others, help when you are able, respect free will- free will just is).

Slow down the mind using Mindfulness- Stay in the present moment- It is the only moment, where our physical bodies exist. The present moment has the only power for conscious decisions. The past and future are the realm of the subconscious, but not the conscious. Embrace the present moment. See the beauty of the present moment, as a child sees (with awe for God's grace and God's beauty).

In the present moment, consciously recognize that life is full of lessons (opportunities). This allows you to face karma, and cleanse it quickly. Don't worry if you did not respond correctly in a situation, that situation will spiral

back. It will be the same lesson with different characters, or scenery, the next time. You will have another chance to solve the situation. Each lesson is an opportunity for selflessness, or selfishness. Each choice you make in the lesson, encourages your pull upwards, or downwards. A momentum builds. You attract the outer experiences in life, reflected by your inner nature.

Remember, there is always someone above you, and below you. Follow the middle way. You can always learn from others, and you can always help another, by lifting them up.

Listen more than you speak. Acknowledge each other. Be love in alignment with free will. Respect others. Love your neighbor as yourself. Follow the Golden Rule.

Realize we are all connected, and all One. What we do to another, ripples through the universe, and comes back.

Share in the banquet of Life together. Lead another to God, in alignment with their free will. Never force your views on anyone. However, if they ask for help, or guidance, then guide them. Realize we are all equal brothers and sisters, destined for the Divine (in each's own time, as their free will allows).

Equally love all beings. Equally respect free will. Remove all ego and pride. We are all in this together.

We are all equal Divine sparks of God. Look into the eyes of another. When you see their soul, or your own soul, looking back, you're in higher consciousness. We're all connected. (From Vash Narain Reiki on Facebook and so true).

Be compassion and empathy in action. Be generous, and you attract prosperity. Be satisfied, and have gratitude, and you attract prosperity.

Energy follows consciousness. Also known as "Where Intention Goes Energy Flows." Focus on selfless Love, to open the heart chakra, then focus on selfless Love expression, and then surrender, to Divine Will. The Kundalini will purify the root, then sacral, then solar plexus, then heart, through throat, through third eye chakras, and this opens the crown chakra. Kundalini is felt as pressure, and heat, as it moves through the chakras.

Only Divine Love and Wisdom exist (Buddhic). Only Divine Thoughts exist (Atmic). Only Divine Will exists (Monadic).

Be love, do good works on Earth, every situation is an opportunity to Love. Fall in love with love.

Have total surrender to God. Not my will but Thy will. Total surrender of all separation to God. The lower thoughts, feelings, and physical body, are all illusion (their separation from God).

The truth is Divine Will, Divine Mind, Divine Heart/Love/Wisdom, Divine Completion, and Divine Unity. The truth is your Higher Self, and the Divine inside, and outside everywhere. All is One. All is Love and Light.

God's Grace be upon you always. The Love and Light of our Creator be upon you always. I appreciate each of you. I bow to the Divine in each of you. Thank you for all that you are. Shine on my brothers and sisters!

Chapter 17- Wisdom from the Masters

“Be universal love--radiating towards no one object or person in particular but, like the sun, shining on everything in its path”

- Buddha

“We all have good and bad seeds inside of us, it depends on which seeds we water, that is what we grow and harvest.”

- Thich Nhat Hanh (paraphrased from a recorded teaching)

“In the middle of difficulty lies opportunity.”

-Albert Einstein

“I AM Life being lived, I go with the flow, I stay in the moment and filter my thoughts and feelings through my heart as I commit to loving action in service to others, I AM worthy, I give and receive love as the moment presents itself, I AM gratitude for all blessings, I accept all challenges as opportunities to grow, I send impersonal love to all beings recognizing all deserve love, I AM love in alignment with free will, I detach from outcomes and know God's Will is done. I AM an instrument of God's Will. A cup of love that flows over. I bow to the Love and Light in all of you. We are All One.”

- My Higher Self (during a message to me in meditation)

“Be universal Love. You are the river. You flow. Free will exists here and will always exist here as this is the nature of this density. Not everyone is ready to accept your love. These are the barriers, the rocks. The water simply flows where it is accepted. The love flows where it is accepted. The water flows around the rocks, the barriers people create. But what happens when rocks are near the river? They are carved slowly by the water. So just keep flowing your love. Being near your love will break the barriers in due time. Continue to flow your love like the water and you make a difference for the whole planet.”

- My Higher Self (during a message to me in meditation)

“Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.”

- Sri Ramana Maharshi

“Your own Self-Realization is the greatest service you can render the world.”

- Sri Ramana Maharshi

“You can only stop the flow of thoughts by refusing to have any interest in it.”

- Sri Ramana Maharshi

“Your duty is to be and not to be this or that. 'I am that I am' sums up the whole truth. The method is summed up in the words 'Be still'. What does stillness mean? It means destroy yourself. Because any form or shape is the cause for trouble. Give up the notion that 'I am so and so'. All that is required to realize the Self is to be still. What can be easier than that?”

- Sri Ramana Maharshi

“There is neither Past nor Future. There is only the Present.”

- Sri Ramana Maharshi

“All that is required to realize the Self is to “Be Still.”

- Sri Ramana Maharshi

“The only useful purpose of the present birth is to turn within and realize the Self.”

- Sri Ramana Maharshi

“Grace is always present. You imagine it is something somewhere high in the sky, far away, and has to descend. It is really inside you, in your Heart, and the moment you effect subsidence or merger of the mind into its Source, grace rushes forth, sprouting as from a spring within you.”

- Sri Ramana Maharshi

“Complete surrender does require that you have no desire of your own, that God’s desire alone is your desire and that you have no desire of your own.”

- Sri Ramana Maharshi

“If a person overlooks the faults of others, and sees only their merits, and thus keeps his mind serene, his whole life will be happy. To be unconcerned in all things, with the mind cool, free of desires and without hate, is beautiful in a seeker.”

- Sri Ramana Maharshi

“It is enough that one surrenders oneself. Surrender is to give oneself up to the original cause of one’s being. Do not delude yourself by imagining such a source to be some God outside you. One’s source is within oneself. Give yourself up to it. That means that you should seek the source and merge in it.”

- Sri Ramana Maharshi

“Do what is right at a given moment and leave it behind.”

- Sri Ramana Maharshi

“As One reaches the Buddhic plane of Consciousness, Oneness is Experienced.”

- My Higher Self (during a message to me during meditation)

“As a being, standing in the sun, suffused with its light, and pouring it forth, would feel no difference between ray and ray, but would pour forth along one as readily and easily as along another, so does a man on the buddhic plane feel brotherhood and pours himself into any one who needs his help. He sees all beings as himself, and feels that all he has is theirs as much as his: in many cases, more theirs than his, because their need is greater, their strength being less.”

- Arthur E. Powell

“Father....Not my will, but yours be done.”

- Jesus/Jeshua (Luke 22:42)

Perfect Attributes of the 7 Rays:

1. Strength.

“I will be strong, brave, persevering in his service.”

2. Wisdom.

“I will attain that intuitional wisdom which can be developed only through perfect love.”

3. Adaptability or Tact.

“I will try to gain the power of saying and doing just the right thing at the right moment—of meeting each man on his own ground, in order to help him more efficiently.”

4. Beauty and Harmony.

“So far as I can, I will bring beauty and harmony into my life and surroundings, that they may be more worthy of him; I will learn to see beauty in all Nature that so I may serve him better.”

5. Science (detailed knowledge).

“I will gain knowledge and accuracy, that I may devote them to his work.”

6. Devotion.

“I will unfold within myself the mighty power of devotion, that through it I may bring others to him.”

7. Ordered Service.

“I will so order and arrange my service of God along the lines which he has prescribed, that I may be able fully to take advantage of the loving help which his holy Angels are always waiting to render.”

- C.W. Leadbeater

“The Heart (Love) is the key to leaving the matrix of separation and entering

the Unity of God."

- My Higher Self (during a message to me during meditation)

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."

- John Wesley

"No act of kindness, no matter how small, is ever wasted."

- Aesop

"Gratitude is the sign of noble souls."

- Aesop

"That which is above is from that which is below, and that which is below is from that which is above, working the miracles of one."

- Hermes Trismegistus

"Be the I within the I. Be the observer within the doer."

- My Higher Self (during a message to me during meditation)

"If I do not go to the hell to help the suffering beings there, who else will go? ... if the hells are not empty I will not become a Buddha. Only when all living beings have been saved, will I attain Bodhi."

- Ksitigarbha

"Love is the glue of the universe. Through acts of Love we attract our Spirit. May we realize that We are all One."

- My Higher Self (during a message to me during meditation)

"You are accepted and loved with open arms. May you be blessed. We are ready to assist you when you need our help." - Law of One response

“The fruit of silence is prayer; the fruit of prayer is faith; the fruit of faith is love; the fruit of love is service; the fruit of service is peace.”

- Mother Teresa

“The sign of a great leader is not one who receives power from others, but one who empowers others. When leadership works, it creates leaders, not followers. True leadership is not about amassing followers, it is about building teams, it is about creating social structures that effect change, however small or great, in the world.”

- Unknown

“Be the master and cause of your reality, not the victim of it.”

- My Higher Self (during a message to me during meditation)

“Tend the fire of your heart- with each act of love the fire grows more toward me.”

- God (during a message to me during meditation)

“Do good works on Earth.”

- God (during another message to me)

“If you judge people, you have no time to love them.”

- Mother Teresa

“It's amazing Molly. The love inside, you take it with you.”

- Sam to Molly before ascending to heaven in the movie Ghost

“No life can express, nor tongue so much as name, what this enflaming, all-consuming love of God is. It is brighter than the sun, it is sweeter than anything called sweet; it is stronger than all strength; it is more nutrimental than food, more cheering to the heart than wine, and more pleasant than all the joy and pleasantness of the world. Whoever obtaineth it is richer than any

monarch on Earth; and he who getteth it is nobler than any emperor can be, and more potent and absolute than all power and authority."

- Jakob Böhme

"Wisdom tells me I am nothing. Love tells me I am everything. And between the two my life flows."

- Nisargadatta Maharaj

"The final goal is to help humanity achieve all seven levels of initiation instead of focusing on your own. In truth, you live as much in your brother and sister as you live in yourself. To help your brother and sister is to help yourself, for your brother and sister are you, since God has only one child. Any time you hold back on giving to your brother and sister due to competition, ego factors, or separation, you are, in truth, just shorting yourself. Your brother and sister are mirrors, and what you receive in this incarnation is exactly what you give- no more and no less. Make the choice never to compete or compare and, for the most part, to keep the statistical aspects of your spiritual growth to yourself, for in truth, all are God, whether they have taken any initiations or not."

- Dr. Joshua David Stone

"I have been all things unholy. If God can work through me, He can work through anyone."

- St Francis of Assisi

"A human being is part of the whole called by us universe, a part limited in time and space. We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined primarily by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive."

- Albert Einstein

“When the power of love overcomes the love of power, the world will know peace.”

- Sri Chinmoy Ghose

“Be universal in your love. You will see the universe to be the picture of your own being.”

- Sri Chinmoy Ghose

“When you chase the light, darkness cannot catch you.”

- Unknown

“For where there is reverence for good works and light in the mind, even darkness fleeth away from him.”

- The Testament of Benjamin, from the Apocrypha

“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.”

- Buddha

“Always be nice to people on the way up; because you'll meet the same people on the way down.”

- Wilson Mizner

“Become a conscious observer and practice detachment. Do not allow yourself to be pulled into a vortex of negative energy created by others. Learn to stand firm and in control, as the director of your sacred energy. Do not allow anyone to disturb your serenity and harmonious nature.”

- Ronna Herman

“Jesus said, "There was a rich man who had much money. He said, 'I shall put my money to use so that I may sow, reap, plant, and fill my storehouse with produce, with the result that I shall lack nothing. Such were his intentions, but that same night he died. Let him who has ears hear.”

- The Gospel of Thomas, from the Apocrypha

“Do not hold grain waiting for higher prices when people are hungry.”

- Zoroaster, also known as Zarathustra

“Jesus said, "If your leaders say to you, 'Behold, the kingdom is in the sky,' then the birds in the sky will get there before you. If they say to you, 'It is in the sea,' then the fish will get there before you. Rather, the kingdom is inside you and outside you. When you know yourselves, then you will be known, and will understand that you are children of the living Father. But if you do not know yourselves, then you live in poverty, and embody poverty.”

- The Gospel of Thomas, from the Apocrypha

“Be good, be kind, be humane, and charitable; love your fellows; console the afflicted; pardon those who have done you wrong.”

- Zoroaster, also known as Zarathustra

“Ever since happiness heard your name, it has been running through the streets trying to find you.”

- Hafiz

“Father, forgive them for they know not what they do.”

- Jesus, from Luke 23:34

“As you sow, so shall you reap.”

- Jesus

“When the Nazis came for the communists, I remained silent; I was not a communist. When they locked up the social democrats, I remained silent; I was not a social democrat. When they came for the trade unionists, I did not speak out; I was not a trade unionist. When they came for the Jews, I remained silent; I was not a Jew. When they came for me, there was no one left to speak out.”

- Pastor Martin Niemöller (1892–1984)

“For the Light is with me, and I myself am with the Light.”

- Pistis Sophia, A sacred Gnostic text

“LOVE IS THE TRUTH

LOVE IS THE WAY

AND LOVE IS THE LIFE

NO ONE COMES UNTO GOD UNLESS THEY KNOW HOW TO LOVE”

- Christian Andreason

Chapter 18- Divine Laws

That which is above is from that which is below, and that which is below is from that which is above, working the miracles of one.

- Hermes Trismegistus

#1 – The Law of Free Will (Free Will exists, and We all have Free Will that must be respected.....Also allows the Choice for positive or negative polarity).

#2 – The Law of Cause and Effect (also known as Karma or the Law of Balance).

#3 – The Law of Divine Compensation (Good deeds will be rewarded, Be Open to Receive from all sources, both seen, and unseen; The Law of Attraction- Take action steps and then be open to receive).

#4 – The Law of Grace (You are graced with miracles beyond your imagination, Express gratitude for Grace).

#5 – The Law of Oneness (Everything and Everyone is connected. Everything we do has a ripple effect which affects the collective. Life is Many and the One, Life is Unity in Diversity. We are all One).

#6 – The Law of Divine Intervention (Prayer and Forgiveness for Self and Others, the Divine is here to support you).

#7 – The Law of Correspondence (As Above, So Below).

#8 – The Law of Absolution (Life has lessons that are full of opportunities).

#9 – The Law of Infinite Possibilities (Be open to all possibilities for your highest and greatest good).

#10 – The Law of Guidance (There are Divine clues along the way).

#11 – The Law of Gender (Masculine and Feminine energies exist in all things, both are different sides of the same coin, equally important).

#12 – The Law of Rhythm (There is Movement and a Rest, Everything has cycles and rhythm, Example- think of the seasons Spring, Summer, Fall, Winter).

#13 – The Law of Polarity (Everything has polarity- good and evil, hot and cold, love and fear, all are two sides of the same coin...contrast brings clarity).

#14 – The Law of Vibration (Everything vibrates at different levels, and Everything is in constant motion, Vibrations can affect Vibrations, Example-

good vibes make you smile, bad vibes make you uneasy).

Afterword

Thank you for reading this book. Eternal Spirit is an introduction to spiritual energies and methods which have been available on Earth for thousands of years. Many of these energies and teachings were held in esoteric groups until the time was right for their re-emergence. Only recently, as late as the 20th Century, were the energies and teachings re-discovered, and popularized, into the New Age genre of today.

You are invited to spread knowledge about this book to assist humanity with re-claiming its Divinity. Feel free to rate this book on various retailer websites to attract more people to this book. May all beings be healed and blessed.

It is with deepest gratitude to All That Is, that Spirit is able to manifest on Earth, and return to lift all people up, to that which is beyond words. A great thank you to all guides, masters, guardians, angels, and many unnamed, who show the truth, beyond the veil of illusion, many people find themselves trapped in. May the illusion of separation be forever vanquished. May Love always guide your way in service of all beings.

God bless you. I bow to the Divine in you. Namasté.

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Additional Recommended Resources

Book of Knowledge: Keys of Enoch by Dr. JJ Hurtak

The Law of One teachings available online at https://www.lawofone.info

Bhagavad Gita

Pistis Sophia translated by G.R.S. Mead

The Goal of Life by Hiram Butler

108 Lectures of Wisdom at http://www.maharishiphotos.com/lecture1.html

21 Essential Lessons (Vol. 1 and 2) by AMTF

The Gene Keys: Embracing your Higher Purpose by Richard Rudd

The Corpus Christi - Science of the Rainbow Body by Richard Rudd

The Voice of the Silence by Helena Blavatsky

The Secret Doctrine by Helena Blavatsky

The Chakras by C.W. Leadbeater

Clairvoyance by C.W. Leadbeater

The Astral Plane by C.W. Leadbeater

The Devachanic Plane by C.W. Leadbeater

Dreams: What They Are and How They Are Caused

by C.W. Leadbeater

The Other Side of Death by C.W. Leadbeater

Man Visible and Invisible by C.W. Leadbeater

Initiation, The Perfecting of Man by Annie Besant

Death- and After? by Annie Besant

In the Outer Court by Annie Besant

Karma by Annie Besant

The Etheric Double: The Health Aura of Man by Arthur E. Powell

The Astral Body and Other Phenomena by Arthur E. Powell

The Mental Body by Arthur E. Powell

View more Recommended Reading at https://ccomish.blogspot.com/

About the Author

Chris Comish is a Reiki Master / Teacher, White Magician, and Priest in the Order of Melchizedek. He is known as Qan Melchizedek (Qan Dek) from Shamballa and is a Starseed from the Pleiades and Sirius.

Qan Dek is his spiritual name which Qan is derived from Quan (Yin) which means compassionate one, and Dek is short for Melchizedek, the guiding spiritual order of the ages.

Chris Comish is a member of the Seventh Ray ashram of Saint Germain and the Second Ray Ashram of Masters Kuthumi and Djwhal Khul. His teachers are Saint Germain, Master Kuthumi, Djwhal Khul, Sanat Kumara, the Buddha, Jesus Christ, Quan Yin, the Lord of Sirius, Lord Melchizedek and Archangel Metatron. His protector is Archangel Michael.

Chris Comish is part of the Great Brotherhood of Light/Great White Brotherhood, mentioned by the Ascended Masters in their messages, where Chris convenes with the Brotherhood during meditation.

Chris Comish is here to lift others up in Love and Light. Chris is the founder of The City of Shamballa social network at https://www.cityofshamballa.net and his videos can be watched at his YouTube channel at https://www.youtube.com/user/OnenessAndLove

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